



**Financial Focus: Are You Afraid
Of Outliving Your Money? - Page 4**

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The Quincy Sun



Quincy's Hometown Weekly Newspaper Since 1968

VOL. 56 No. 49

Thursday, August 22, 2024

\$2.00



SAILING TO VICTORY - Skipper Kou Nishizaw and crew Will Ragusa of the Quincy Yacht Club cross the finish line in the 420 race during the annual Quincy Bay Race Week. More coverage of Race Week will appear in an upcoming issue of The Quincy Sun. Quincy Sun photo/Tom Gorman

Early Voting State Primary Starts Saturday

By SCOTT JACKSON

In-person early voting for the state primary election will begin Saturday and continue through next week. Saturday is also the deadline to register to vote in the election.

The Democratic, Republican and Libertarian parties will hold primaries on Tuesday, Sept. 3, though

there are no Libertarians on the ballot in Quincy. Two Quincy city councillors are among those running, one in the Democratic primary and one in the Republican primary.

In Quincy, early voting will take place in the Great Hall on the second floor of the McIntyre Government

Cont'd On Page 13

Five Town-House Units Proposed On Sumner Street

By SCOTT JACKSON

A developer is seeking permission to construct five new townhouse-style units on Sumner Street in Quincy Point.

The Planning Board on Aug. 7 held a public hearing on the request 97-101 Sumner St. LLC to build the new units at that address. The hearing on the matter was continued until Oct. 16 as the project was still undergoing a peer review. The

project also needs approval from the Zoning Board of Appeals.

The property on Sumner Street contains 15,532 square feet of land and is zoned Residence B. The site is currently home to a two-family home and single-family home, both of which would be demolished. Three buildings, containing a total of five units, would be built on site. The applicant's at-

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Quincy Animal Shelter Turning 25

By SCOTT JACKSON

As it prepares to celebrate its 25th anniversary, the Quincy Animal Shelter is running at capacity and in need of more help from the community.

Sandra Sines, the president of the organization's board of directors, and Kit Burke, a member of the board and its recently retired shelter director, discussed the milestone anniversary

during a recent interview. They also discussed the upcoming move into a new, state-of-the-art facility that is expected to open next spring.

The Quincy Animal Shelter is planning several events to mark the 25th anniversary of the organization's founding, Sines said. The signature event will be a golf tournament on Oct. 21 at Granite Links in Quincy.

"Our premier event is our golf tournament, which is going to be held on Oct. 21 at Granite Links. That's our big event. We're hoping to get a lot of sponsorship to make the tournament successful and also a lot of golfers. We're recruiting both, sponsors and golfers, right now," Sines said.

"It's actually a great value if you want to golf at Granite Links. It's \$200 a

golfer. That includes a day of golf and also a dinner, a swag bag that I hear is supposed to be quite nice, and a day of fun supporting the animals and helping the organization."

Cont'd On Page 6

MBTA's Income-Eligible Reduced Fare Program Launches Sept. 4

The MBTA is expanding access to reduced fares for income-eligible riders beginning Wednesday, Sept. 4. The online application is simple and can be completed in English, Spanish, Portuguese, simplified Chinese, Haitian-Creole, or Vietnamese.

The launch will also include the availability of

in-person support at five locations around the MBTA service area in partnership with Action for Boston Community Development (ABCD) and the Massachusetts Association for Community Action (MASSCAP) network. An additional 31 locations will become available for service over fall

2024.

The new program provides riders who are aged 18-64 and have low income with reduced one-way fares of approximately 50% off on all MBTA buses, subway, Commuter Rail, and paratransit (The RIDE) travel. State officials said the pro-

Cont'd On Page 4



CRAFT WINNER - Labreque Playground's "Dinosaur" was the winner of the Quincy Recreation Department's Annual Arts and Crafts Display at City Hall Plaza. Story, other photos on Page 15. Photo Courtesy Quincy Recreation Department

Community Clothing, Book Swap Saturday - Page 3
The Disease Of Being Busy: By Lori Scott - Page 8
Lafayette Celebration At Adams National Park - Page 19

More Quincy news:

The Quincy Sun.com



Three City Residents Among Rad Tech Graduates

Honored At Quincy College Pinning Ceremony

Celebrating the successful completion of their program of study, the eight graduates of Quincy College's inaugural radiologic technology program were honored at a pinning ceremony on Aug. 8.

The traditional ceremony, similar to those in nursing and other healthcare disciplines, marks the end of students' classroom instruction and clinical training and formally represents their transition into the radiologic technology profession.

The eight graduates include three from Quincy: Kelly O'Neill, Bruno Pereira and Anxhela Zyba. O'Neill also received the Clinical Excellence Award in recognition of earning the highest cumulative score from five semesters of clinical evaluations.

Addressing her fellow graduates, Marleina Villar of Roxbury spoke of juggling responsibilities as a working single parent while maintaining the focus required to complete a rigorous curriculum. "Even at my lowest moments, I knew this is where I wanted to be

and that this was meant for me. This program was life-changing and has provided me with endless possibilities for my future," she said. "Thank you to my classmates who've helped me and been there for me. We leaned on each other and came out as the first class of Quincy College radiologic technology graduates. We're the only eight people who can ever say that, and it's a privilege."

Quincy College President Dr. Richard DeCristofaro praised the graduates for their choice of a career focused on caring for others. "You're entering a field in which you'll make a daily difference in patients' lives, and also one that provides a solid foundation for your advancement within the expanding discipline of diagnostic imaging," he said. "We and our clinical partners are proud to have prepared you with the knowledge and skills necessary to join a workforce eager to welcome you."

Quincy College launched its radiologic technology program in January 2023

in state-of-the-art lab and classroom space on the ground floor of the College's Saville Building. The five-semester Associate of Science degree curriculum provides students with comprehensive education and hands-on clinical training required for entry-level im-

aging positions in hospitals, outpatient clinics, physician offices, imaging centers, and pain management cen-

ters. Program graduates are eligible for the national certification exam offered by the American Registry

of Radiologic Technologists (ARRT), a prerequisite for licensure in Massachusetts.

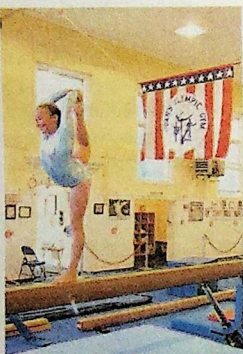


THE FIRST GRADUATES of Quincy College's inaugural radiological technology program honored at a pinning ceremony on Aug. 8 are (from left): Wassim Fakhry of Braintree, Anxhela Zyba of Quincy, Marleina Villar of Roxbury, Meghan DelSignore of Middleboro, Catherine Walsh of Scituate, Kelly O'Neill of Quincy, Nicole Katarivas of Hanson and Bruno Pereira of Quincy.

Photo Courtesy Quincy College

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MILTON PUBLIC LIBRARY is showing a collection of artwork by the adult students of Milton instructor Beth Neville. From left to right: Patty Harrington, Sheila Monks, Beth Neville, Mary Frances Kane, Heather Putnam, Janice Shamon, Lana Agnew, Mary Driscoll, and Judith Warners.

Courtesy Photo

Artwork Of Beth Neville Students On Display At Milton Public Library

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The Milton Public Library is showing a collection of artwork by the adult students of Milton instructor Beth Neville.

Neville recently celebrated 60 years working in the art world with her business Neville Art Enterprises, and this display will be shown from Sept. 3 through Sept. 30.

Pastels, watercolors, acrylics, oils, pens, pencils and poetry attract adult students to Beth's Tuesday Adult Art Classes. The public is invited to a celebratory reception on Thursday, Sept. 12th, from 6 to 8 p.m.

The subjects students paint and draw are as diverse as the materials they choose to use. Janice Shamon prefers to paint her nephews using acrylics. Keven McLaughlin is attracted to broad landscape vistas and turbulent skies using oils.

Cont'd On Page 8

Sheriff's Office Partnership With Snapchef Foundation On Re-Entry Workforce Development Grant

Sheriff Patrick W. McDermott announces the Norfolk County Sheriff's Office is launching a new partnership with the Snapchef Foundation to provide justice involved individuals with expert culinary and employment training and job placement assistance, before they reenter their communities after incarceration.

The program will be funded by the Re-Entry Workforce Development Demonstration Program Grant administered by Commonwealth Corporation on behalf of the Executive Office of Labor and Workforce Development and the Healey-Driscoll Administration.

"This hands-on program adds to our mission to improve the outcomes

of individuals in the care and custody of the Norfolk County Sheriff's Office," said Sheriff McDermott. "This training by the Snapchef Foundation will begin inside our facility, providing participants nearing the end of their sentences with valuable skills and a clear pathway to stable employment when they are released, through the support of our recently opened H.O.P.E. Center, to help break the cycle of recidivism."

Secretary of Labor and Workforce Development Lauren Jones announced the awarding of this remarkable grant at the PAACA Recovery Support Center in New Bedford, MA. Snapchef Foundation is the non-profit branch of Snapchef, a culinary staffing agency.

"We are honored to partner with the Norfolk County Sheriff's Office on this important initiative," said Carley Snopkowski, executive director of the Snapchef Foundation. "Our program is not just about teaching culinary skills—it's about empowering participants with the confidence and support they need to successfully reintegrate into their communities and thrive in their new careers. We believe this partnership will have a profound impact on the lives of those we serve and contribute to the long-term success of re-entry efforts in Norfolk County."

The effort will serve the 28 communities of Norfolk County. Participants will enter the workforce ready to become members of the



NORFOLK COUNTY SHERIFF'S Office is partnering with the Snapchef Foundation to provide justice involved individuals with expert culinary and employment training and job placement assistance, before they reenter their communities after incarceration. From left to right: Matthew Sisk, Executive Director, H.O.P.E. Center; Patrick Bench, Benchmark Strategies; Christopher Bell, Special Sheriff, NCSO; Norfolk County Sheriff Patrick W. McDermott; Daniela Snopkowski, Snapchef CEO and co-founder; and Jennifer Danaux, Snapchef director of Franchise Relations and Special Projects.

Courtesy Photo

vibrant local culinary scene and the thriving restaurant industry.

Snapchef Foundation is a non-profit organization committed to providing comprehensive work-

force development training and support to individuals seeking to build careers in the food service industry. Through innovative programs and partnerships, Snapchef Foundation aims

to create sustainable career pathways and improve workforce outcomes for underserved communities. For more information visit SnapchefFoundation.org.

Idle Hour Establishment Changing Name To Drifters Kitchen & Bar

By SCOTT JACKSON

A bar in Quincy Center will be getting new owners and a new name.

The Board of License Commissioners on Aug. 13 approved the transfer of the all-alcohol liquor license currently held by Idle Hour to the new owners, who plan to change the name of the establishment at 1464 Hancock St. to Drifters Kitchen & Bar. The board likewise approved the transfer of Idle Hour's cabaret and jukebox licenses.

Drifters Kitchen & Bar will offer "elevated American classics," according to William Falaro, the manag-

er of the establishment.

"We're going to have elevated American classics," he said. "Bar pizza is probably going to be a flagship, but with a little bit of a twist on that — they're going to be a little bit bigger."

Other items Falaro mentioned were smashburgers and a raw bar that would sell seafood like oysters. Once the restaurant is up and running, Falaro said they also plan to offer brunch on Saturdays and Sundays.

"I think we have a pretty good pulse of what the people of the city of Quincy want," he said. "I think we're ready to execute that."

Falaro has 18 years of experience in the industry,

starting as a barback and rising through the ranks before

becoming beverage director at multiple restaurants

in Boston, attorney Chris-

Cont'd On Page 13

Community Clothing, Book Swap Saturday At Crane Library

The Thomas Crane Public Library invites the public to the library's first ever Community Clothing + Book Swap on Saturday, Aug. 24 from 2 to 4 p.m. at the main library, 40 Washington St., Quincy Center.

The event will celebrate the library's 2024 Summer Reading theme of sustainability. The community thrifting event will be held in the Community Meeting Room.

Bring clean, gently-used clothes and books, and swap them for tokens that let you pick out just as many items as you donate - 5 donations equal 5 tokens.

Any leftover items in good condition will be donated to local organizations supporting those in need.

You can drop off your donations the week leading up to the event, or bring them the day of. Remember to only bring items that are clean and in good condition.

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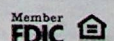
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The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$2.00 per copy newsstand • \$48 per year in Quincy
\$50 per year by mail outside Quincy • \$60 out-of-state

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Moments in time

THE HISTORY CHANNEL

• On Sept. 2, 1945, Vietnamese communist Ho Chi Minh declared Vietnam's independence from France following Japan's World War II surrender, in a proclamation stating, "All men are born equal: the Creator has given us inviolable rights, life, liberty, and happiness!" It would take another 30 years for his vision of a united communist Vietnam to become a reality, however.

• On Sept. 3, 2004, a hostage crisis at School No. 1 in Beslan, Russia ended in a gun battle between Chechen terrorists and Russian security forces. More than 300 people were killed, many of them children, and hundreds more were injured. The terrorists' demands included the withdrawal of Russian troops from Chechnya.

• On Sept. 4, 2014, comedian Joan Rivers died at the age of 81 in a New York City hospital a week after she went into cardiac arrest while undergoing a medical procedure on her vocal cords at a Manhattan clinic. In a career that lasted more than 50 years, Rivers fearlessly tackled any subject she chose, remarking that she "succeeded by saying what everyone else is thinking."

• On Sept. 5, 1991, a group of activists made their way to the roof of Sen. Jesse Helms' home and unrolled a giant piece of fabric that was then inflated by their companions on the front lawn. Their message? "A CONDOM TO STOP UNSAFE POLITICS: HELMS IS DEADLIER THAN A VIRUS"--a decidedly innovative response to the senator's strong opposition to gay rights and the funding of AIDS research and treatment.

• On Sept. 6, 1975, 18-year-old Martina Navratilova, today regarded as one of the greatest tennis players in history, sought political asylum in the United States after defecting from communist Czechoslovakia.

• On Sept. 7, 1876, the Jesse James-Cole Younger gang was nearly wiped out by angry citizens after attempting a daytime robbery of the Northfield Minnesota bank. For the next two weeks, a posse pursued the surviving members, eventually killing or capturing four more, but Frank and Jesse James ended up in Nashville, TN, where they began rebuilding the gang and planning more robberies.

• On Sept. 8, 1504, Michelangelo's 17-foot-tall, 12,000-pound marble masterpiece of the biblical shepherd boy David was unveiled to the public in Florence, Italy.

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It's easy to see why this Brazil native has become popular in nurseries, flower shops and garden centers around the world. The gloxinia (related to African violets) produce large, velvety, bell-shaped flowers that may be white, pink, red, purple, or blue. Place them in a brightly lit location in the home; they prefer temperatures of 65 to 75 degrees Fahrenheit. The soil should be kept evenly moist. When given good care, plants may bloom for several weeks. - Brenda Weaver

Sources: mydomaine.com, yardandgarden.extension.umn.edu

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Financial Focus: Are You Afraid Of Outliving Your Money?

Do you worry about running out of money during your retirement years? If so, how can you help prevent this from happening?

In the first place, if you have this type of fear, you're far from alone. Consider this:

58 percent of retirement savers from all age groups, including current retirees, say that outliving their assets is their greatest retirement fear, according to a study by Cerulli Associates, a financial services research organization.

This type of fear can certainly affect your quality of life when you retire. Still, there's no need to panic — because you can take steps to help prevent the running-out-of-money scenario.

Here are a few to consider:

• **Know how much you'll need during retirement.** You need to get a clear picture, or at least as good an estimate as possible, of how much money you'll need to support your retirement lifestyle. Once you do retire, some costs, such as transportation or other work-related expenses,

might go down, while others — medical expenses, in particular — will likely go up. The fear of running out of money, like many fears, is caused largely by what you don't know, so having a good sense of how much you'll need in retirement can help reduce your anxieties.

• **Build financial resources before retirement.** You're probably at your peak earning capacity in the years close to your retirement, so consider contributing as much as you can afford to your IRA and 401(k) or other employer-sponsored retirement plan.

• **Maximize your Social Security payments.** You can start collecting Social Security as early as 62, but your monthly benefits will be larger if you can afford to wait until your full retirement age, between 66 and 67. (Payments will "max out" at age 70.)

• **Re-enter the workforce.** Going back to work in some capacity is one way to possibly help build retirement resources and delay taking Social Security. If you have a particular area of

expertise, and you enjoyed the work you did, you might be able to go back to it on a part-time basis or do some consulting. You could boost your cash flow, and potentially extend your contributions to an IRA and to an employer's retirement plan.

• **Cut costs during retirement.** Possibly the biggest cost-cutting measure is downsizing — are you willing and able to move to a less expensive area or scale down your current living space? Of course, this is an emotional decision, as well as a financial one, and downsizing isn't for everyone, but it might be something to at least consider. As for the lesser ways of reducing expenses, take advantage of senior discounts, which are offered in many areas, including entertainment, public transportation, restaurants and retail establishments. And look for other opportunities, such as cutting out streaming services you don't use.

• **Look for more income from your investments.** As you get closer to retirement, and even when you do retire, you might want to ad-



MARIE O'RIORDAN KELLY

just your investment portfolio to provide you with more income-producing opportunities. However, even as a retiree, you'll want some growth potential in your investments to help keep you ahead of inflation.

Ultimately, the more you can bolster your financial security before and during retirement, the less fear you may have of outliving your money.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Edward Jones, Member SIPC

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MBTA's Income-Eligible Reduced Fare Program Launches Sept. 4

Cont'd From Page 1

program unlocks affordability for residents across the MBTA service area, including in the Gateway Cities. This expansion will be the first reduced fare program to include The RIDE. As part of this change, Senior users of The RIDE will also be eligible for half-priced fares on both Standard and Premium RIDE trips.

"The MBTA's first-of-its-kind income-eligible reduced fare program will truly make public transportation affordable for those who need it most," said Gov. Maura Healey. "For many of our low-income riders, we know the daily expense of commuting can be a burden, but this program will provide the financial relief riders need and, as a result, encourage more people to take public transportation. We are thankful to the Legislature for their partnership in securing the funds in our FY 25 budget that make this program possible."

"This is a critical step in making transit more affordable for those that need it the most. I thank Secretary Tibbitts-Nutt for her advocacy of this initiative, the Governor and the Legislature for their foresight to include funds in our FY24

and FY25 budgets to enable us to develop this program, our numerous partners at the EOHHS, the RMV, ABCD, MASSCAP, and Omicron Technology Solutions who were instrumental in helping us launch this program, and the many advocates who have for years championed this initiative, which will benefit so many across all modes," said MBTA General Manager and CEO Phillip Eng. "This is a meaningful step that allows all of the public that rely on mass transportation to use it, improving quality of life, boosting economic mobility, and connecting people and communities."

Riders with low income will be able to apply in multiple languages online at mbta.com/income-eligible and at five in-person locations provided by ABCD and MASSCAP around the MBTA service area. Program participants can demonstrate eligibility via existing enrollment in programs with a cutoff of 200 percent of the federal poverty level (or lower), including Supplemental Nutrition Assistance Program (SNAP), Transitional Assistance for Families and Dependent Children (TAFDC), Emergency Aid to the El-

derly, Disabled & Children (EAEDC), MassHealth CarePlus, MassHealth Family Assistance, MassHealth Limited, MassHealth Standard, and MASSGrant.

"The Income-Eligible Reduced Fare program resonates with the anti-poverty mission of Community Action and meets a fundamental need of vulnerable people living with low incomes; its implementation will go miles in terms of supporting increased access to job training and employment," said MASSCAP Executive Director Joe Diamond. "Along with ABCD as the lead agency, Community Action Agencies in the MBTA service area very much appreciate the partnership with the MBTA and are looking forward to connecting the people we serve with reduced fare cards via a streamlined and innovative approach to conferred eligibility."

As part of the program launch on Sept. 4, RIDE customers enrolled in the senior or income-eligible reduced fare programs will also be able to use an online form to link their reduced fare eligibility to their RIDE accounts and receive a discounted rate on Standard or Premium RIDE trips. Addi-

tionally, young people with low income already enrolled in the Youth Pass will be guided to enroll in the new program beginning on Sept. 4 with the Youth Pass program discontinued on Oct. 31.

According to prior research, riders with low income are expected to take 30 percent more trips with a reduced fare, significantly increasing mobility while saving on transportation costs. More than 60,000 riders are expected to qualify for and enroll in the program, which is expected to result in up to 8 million more trips per year.

The initiative is thanks to the collaboration of multiple partners across the Commonwealth with the MBTA, including the Commonwealth's Executive Office of Health and Human Services (EOHHS) in allowing riders to demonstrate eligibility through existing EOHHS programs; the Registry of Motor Vehicles (RMV) in allowing riders to offer proof of identity through an RMV ID; ABCD and the MASSCAP Network in providing in-person support; and Omicron Technology Solutions in providing additional application reviews.

Scenes From Yesterday

QUINCY BAY, WOLLASTON, QUINCY, MASSACHUSETTS



THIS 1942 postcard shows the moored floats stretching out from the Wollaston Yacht Club into Quincy Bay. All of the boats of that era were made of wood and many were homemade, especially the skiffs and small rowboats, but also many of the sailboats. There is one powerboat shown on the left here but there were not many outboard motor boats at the time. Gas rationing during World War II had pretty much curtailed its use

for pleasure in anyway. In the days before marinas there were hundreds of small boats in Quincy Bay. Every night in the summer sailboat races were held by the yacht clubs. Dozens of sails can be seen in the distance here. Some of the popular classes of sailboats were the Hustlers, Indians, 110s and 210s, Catboats, Thistles and Turnabouts.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1990
34 Years Ago

Sheets Backs Residency For License Board

A proposal requiring all members of the city's License Board to live in Quincy has the general support of Mayor James Sheets.

Commenting on the proposed residency requirement introduced by Councillor Michael Cheney, Sheets said, "If it comes to me, I will sign it, although I would have to be satisfied with the details of it."

The ordinance drew support and opposition from councillors at last week's special City Council meeting. Since the license board was set up by a state act, City Clerk John Gillis said the act would have to be amended to make the residency requirement legal. To amend it, five of the nine city councillors would have to approve the proposal and the mayor would then have to sign it, Gillis explained.

The proposal was referred to the Ordinance Committee and will be brought up again at a future meeting.

Two of the five board members were Quincy residents. Cheney said board members, because the license board's decisions typically impact city neighborhoods, should live with their own decisions.

FIVE FIREFIGHTERS TO BE REHIRED

Five of Quincy's 18 firefighters who were recently served layoff notices will be rehired and the city is actively trying to place more of them.

Mayor James Sheets said one firefighter will remain in the department's signal maintenance division while the other four will fill vacancies. Two vacancies are in the fire department and the other two are in the Public Works Department.

The vacancies were created by retirements, Sheets said. Letters were sent to 32 communities around Quincy indicating the city has young, well-qualified firemen available for hiring. Sheets said he received a letter from the Town of Randolph which will be hiring firefighters.

Besides the fire department layoffs, 22 teachers were expected to be laid off.

No police officers were laid off but 11 vacancies will not be filled, the mayor said, adding there was no funding in the FY '91 budget to fill eight patrolmen and three superior officer positions.

QUINCYISMS

Quincy's Yesterdays column from this week in 1940 noted a lone gunman, posing as a worker from the Fore River Shipyard, stole \$2,511 from Charles Dan's Tavern on Des Moines Road, Quincy Point, and fled in a hail of bullets. . . The South Shore YMCA's annual Youth Support Campaign, which raises money to provide financial aid for YMCA programs to deserving children and families, topped its goal of \$50,000. Mary Wentworth was honored for her work on the support campaign by YMCA General Director Ralph Yohe and YMCA Board President Jay Asher. . . Emily Dunn was named a College Scholar for the spring term at Middlebury College. . . Beechwood Community Life Center, 225 Fenn St., offered line dancing with Dan Vodola. . . Susan Trubiano of Quincy was awarded a Certificate of Achievement in Data Communications from Northeastern University's State-of-the-Art program. . . Quincy Hospital celebrated its 100 anniversary. Mayor James Sheets and his wife, Joann, headed a host of state and local government officials who participated in the celebration marking the hospital's founding at the Copley Plaza. . . Jennifer George of Quincy participated in the Institute for Television and Radio Production, a five-week program at Boston University's College of Communication. . . Bank of New England advertised a guaranteed High Rate CD with an annual percentage yield of 8.60 percent. . . Laura Dawson, a 1990 graduate of North Quincy High School, was presented the John A. Caporale Sr. Memorial Scholarship from Norfolk County Sheriff Clifford Marshall at an awards ceremony held at Raynham-Taunton Greyhound Park. . . Gov. Michael Dukakis on Aug. 14 signed into law House Bill 5644 which officially changed the name from Quincy Junior College to Quincy College. The bill was filed by state representatives Michael Morrissey, Stephen Tobin and Robert Cerasoli, all of Quincy. The college opened in 1956. . . Capt. Steven T. McGonagle graduated from the Army's Combined Arms and Services Staff School, Fort Leavenworth, Kansas. . . Donna L. Callahan of West Quincy, a communications major at Suffolk University, was on the Dean's List for the spring semester. . . The Quincy Sun offered special subscription rates for college students: \$10 in state and \$12 out of state for the school year. . . Chris Cucinatta of Quincy was the recipient of the UMass/Boston Student-Athlete Award. The Quincy native was honored for her academic achievement and athletic achievements. She was a four-year starter for the softball team.

READERS FORUM - MORE ON PAGE 20

From China To Quincy: Advocating For Fair Pay And Democracy

To the Quincy Sun Editor:

I collected signatures for the referendum petition to repeal the Quincy Mayor's and City Councillors' hefty pay raises at various grocery stores and outside the YMCA. While doing so, I could not imagine doing that if I were still in China. Here in the USA, I don't fear being jailed or having my life made miserable by the government for peacefully petitioning, even if it contradicts the authorities' interests. Let us all hope this remains true in America.

Many Chinese people came out to sign the petition. Not only did they sign, they also picked up petition papers or downloaded them from the AJustQuincy website to help collect signatures at playgrounds, condo meetings, and neighborhood gatherings. Chinese communities are usually quiet, focusing more on personal matters than civic affairs. But why did they rally against these raises this time? They were outraged by the size of the raises and the undemocratic process used to push them through. I heard their major concerns:

1. Compared to the mayor's 79% raise, schoolteachers received a meager 3% raise, making it hard to retain and recruit good teachers, thus affecting the quality of Quincy Public Schools. This could force parents to send their kids to costly private schools.
 2. Property taxes increase every year, making it difficult for residents to remain in Quincy. Why do the mayor and city councillors deserve such significant raises, especially when the mayor's pay will surpass that of mayors in New York, Chicago, and Boston?
 3. The City Council ignored residents' protests, rushing through the raises with no public hearings.
 4. The mayor's pay raise was clearly conceived before last year's election. Why didn't he inform voters about his plan for such a raise and give them a chance to decide? If he had announced his plan and still got elected, there would be no issue. Doing it the other way around is deceitful.
- Many Chinese people who signed the petition had voted

for the mayor. One Chinese woman told me she felt hurt when the mayor claimed that people against his raise hate him, as she had not only voted for him but also donated to his campaign. She also told me that she wanted to sign the petition but ended up not signing it for fear of retribution.

It is encouraging to see more people in the Chinese community voicing their concerns. Most Chinese immigrants, including myself, came to the US seeking a better life through hard work. While we enjoy the benefits of living in a democracy, many of us don't participate in civic activities as much as native-born Americans or other immigrant groups. I understand this mentality. We did not engage in public affairs in China if it conflicted with the authorities, fearing severe retribution. We don't have a real voting system there either. Before coming to the US from a major city in China, I had never seen a single ballot for electing officers in my 29 years of life there.

So, to my fellow Americans, please cherish and protect the democracy you enjoy, which may be taken for granted here but is a luxury in many other countries. To my fellow Chinese immigrants, while we have started to involve ourselves in more civic activities, we should continue to engage even more, especially by using the voting rights we gained by living in a democratic country. We can stand side by side with native-born Americans and other immigrant groups to help keep America a beacon of democracy.

Are you angry about the city councillors' ignorance of constituents' objections to the mayor's grotesque pay raise? If the City Councillors refuse to rectify their mistake despite 6,030 voters signing the petition to repeal the mayor's raise and 4,642 for repealing the city council's raise, we should exercise our civic responsibility and vote them out in the 2025 election.

Ziqiang (Susan) Yuan
A Chinese immigrant and U.S. citizen
Resident of Quincy

The Great City Of Quincy

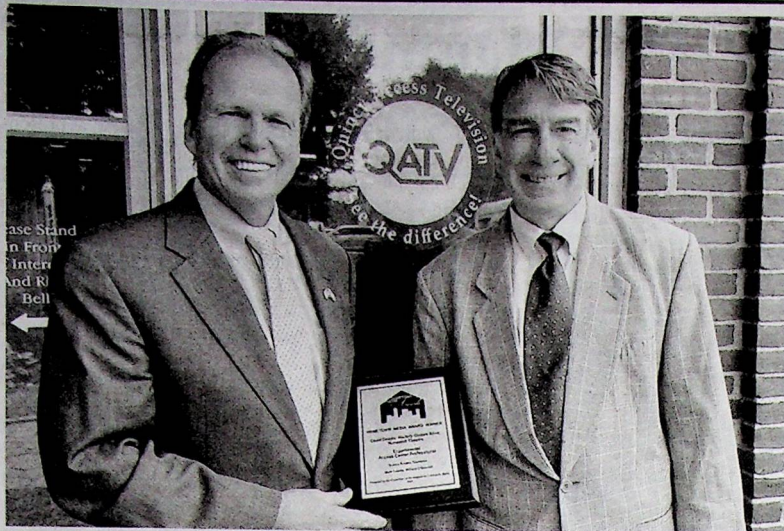
(A copy of the following letter mailed to The Mayor's Office was submitted to The Quincy Sun for publication.)
Every person whom we came in contact with during the creation of the Quincy Navy Park at Squantum and Lone Sailor Statue stood out for cooperation, kindness, professionalism and much more!
On the scale they scored the highest, on the quality they exceed our expectation and on the kindness they are miles ahead of everyone else!
Congratulations to all for delivering such a product, and

making Marina Bay that much better.

The names are too long to list, but with no exception every single person is blessed with special quality! We knew it all along, but it is worth repeating. How lucky we all are, knowing this great city (our home) is being looked after by such incredible, capable group of outstanding individuals.

God Bless America indeed! And God bless them all!

Hassan Haydar
Victory Road
Marina Bay



QUINCY ACCESS TELEVISION took home the Best of Experimental Access Center Professional category for "History Comes Alive: Norwood Theatre," a short subject on the history of Norwood Theatre. The History Comes Alive Series is a collaboration between Norfolk County Register of Deeds William O'Donnell (left) and Mark Crosby (right), Government Access Coordinator, QATV.



QATV ALSO WON first place for part of a series called "A Revolutionary Minute," co-produced by Mark Crosby (right), along with Edward Fitzgerald (left) and Alexandra Elliott (center) of the Quincy Historical Society.

Courtesy Photos

QATV Wins 2024 Hometown Media Awards

Quincy Access Television received two first place awards in the 2024 Hometown Media Award from the Alliance for Community Media Foundation. The awards program was established to honor and promote community media, community radio, and local cable programs that are distributed on Public, Educational and Governmental (PEG) access cable television channels.

Each year, nearly one thousand entries are submitted. These entries, or programs, are submitted and evaluated on several factors resulting in over 100 award winners.

Quincy Access Television

took home the Best of Experimental Access Center Professional category for "History Comes Alive: Norwood Theatre," a short subject on the history of Norwood Theatre. The experimental category is for a piece that contains unique work that challenges traditional boundaries using innovative production techniques. The History Comes Alive Series is a collaboration between Mark Crosby, Government Access Coordinator, QATV and William O'Donnell, Register of Deeds for Norfolk County. This is the second consecutive year that the series has taken home the first-place award.

"I'm always considering the many ways to convey a subject; the total immersion, the act of stepping into history, creates a dimensional illusion, allowing the audience to become an active participant," Crosby said.

O'Donnell said he was thrilled the series has won for a second time.

"This award is a by-product of the 'History Comes Alive' Project with the land records at the Norfolk County Registry of Deeds," O'Donnell said. "The taped segments including the one that won this award are a unique way to highlight the interesting landmarks and places in the communities of Norfolk County. It is an

honor to be recognized, but more importantly this award highlights the valuable and talented team at Quincy Access Television and the talents of Jonathan Caliri and Mark Crosby."

QATV's other first-place winner is also part of a series called "A Revolutionary Minute," co-produced by Crosby, along with Edward Fitzgerald and Alexandra Elliott of the Quincy Historical Society. The category the piece won under was Mixed and Transmedia Access Center Professional, which recognizes programs that use different media forms; still imagery, animation, transmedia, puppetry, spoken word, etc.

Fitzgerald and Elliott said of the win, "We are grateful to the Alliance for Community Media for recognizing "A Revolutionary Minute" with this Hometown Media Award. The purpose of the series is to educate and tell often-overlooked stories of the American Revolution through the lens of local history. We are most fortunate that Quincy Access Television saw potential in this project and brought their impressive talents to it. Collaborating with Mark Crosby and the team at QATV is a genuine pleasure."

"Quincy Access Television is honored to be recognized by our peers with

two first-place awards," said QATV Executive Director Jonathan Caliri. "We are happy to share the recognition with our partners at the Quincy Historical Society and the Norfolk Registry of Deeds. Such partnerships are what make community media so great, merging talents of both organizations to inform and entertain residents."

Quincy Access Television is located at 88 Washington St., adjacent to the Thomas Crane Public Library. For more information regarding your local public access channels, call 617-376-1440 or visit www.qatv.org.

Quincy Animal Shelter Celebrating 25 Years

Cont'd From Page 1

The Quincy Animal Shelter will also take over the Braintree Beer Garden on Oct. 13. It will be the second straight year the organization has done so.

"We did this event last year," Burke said. "It's a cornhole tournament and they have some food trucks and whatnot. Last year it was a little drizzly and stuff - we still had an amazing turnout and it was fun. Everybody had fun. There were so many dogs there, there were no issues, and I think it appeals to a different group than maybe that's

going to go golfing."

In addition, the shelter is planning an autumn microchip clinic for cats and dogs.

"We're also planning a microchip clinic for the community. The tentative date is Oct. 6. That is in partnership with Quirk Subaru," Sines said. "We're really excited about that because that is just another thing that's going to help everybody. If pets are microchipped, they have a much higher likelihood that they are going to be returned to their owner than pets that are not, so that's big."

The organizers hope

to raise at least \$50,000 through the golf tournament, which will benefit the shelter's general fund. Sines said the money would help the shelter keep up with rising costs.

"In addition to celebrating our 25th anniversary, this is also a very difficult year for animal rescue and animal welfare," she said. "We are full, just like we were back in 1999, cats and dogs equally, so all of our expenses are up. Like everybody else, vet care, food, just the cost of doing business is up, so it's very important that we increase our general fund so that we can meet all of our expenses."

"The golf tournament is kind of our hallmark event because of our anniversary.

We did have a golf tournament back in 2000. This is our second golf tournament, but they are a lot of work. That's why we really haven't done them every year, but we have a couple people on our board and our volunteers who really wanted to do this, and I think it's really a great opportunity to raise money in a different way."

Burke said the organization, which is a no-kill shelter, was caring for between 40 and 50 animals overall, including 25 cats and 10 dogs at its facility on East Squantum Street, plus others in foster homes.

"That's a lot for us," she said.

Animal shelters and animal rescues nationwide are caring for more pets now than they have in the past, Sines said.

"This is nationwide, so this is not just us. This is every single shelter and rescue in the country pretty much," she said.

"We don't really know why. Some of the reasons that have been given are post-Covid, a lot of people went out and adopted ani-

mals, and that was a wonderful idea and it's great if everybody is able to keep them, but people are going back to work. The economy, it's hard to feed people, plus pets, if you don't have a lot of money, if you're living paycheck to paycheck. The cost of vet care has really skyrocketed, so that makes it difficult for people. Even a bag of dog food has significantly increased. Sadly, if money is tight, the pet might be the first one to go."

"One thing that's been in our favor is there is a lot more pet friendly housing, so that's really good, but sometimes animals have behavioral issues and people don't have the time, money or resources to correct them and they get frustrated. That's what we see happening with dogs. A lot of dogs coming in they got from down south, down south won't take them back, so they end up here. I think that has definitely accounted for some, not all."

Some people, Burke added, have had to surrender family pets after elderly family members died or have gone into places like

nursing homes or assisted living facilities.

"The other thing that we've been seeing an increase in, and I can't say why, but dogs and cats, families reach out to us when their parents pass away [or] they're going into assisted living, they're going into nursing homes, they can't take the animals. An awful lot of folks never have that conversation before they get to that point in terms of, 'if something happens to me, will you take it or whatever?'" Burke said.

"I think one of the saddest scenarios with us taking in an animal is when an owner has to go into a facility, because you would think that if there is any time they would benefit from having that animal, it would be then. That I think is difficult, but it's a reality."

The animal shelter does try to work with pet owners so they can keep their animal, rather than having to surrender it, Sines said.

"We get what we call surrender calls, rehoming calls, every day and we are trying to work with the family or

Cont'd On Page 12

I make house calls!



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Tips For Keeping Kids Safer At School This Year

Increasingly, people consider their child's safety at school, and many even turn to homeschooling.

In fact, according to the National Center for Education Statistics, the top reasons for families choosing to homeschool are concerns about the school environment, including safety issues and negative peer pressure. This is an issue that people face from coast to coast, and it's one that communities must address. The good news is that there are some things parents can do to help keep kids safer this school year.

"Only around five percent of families homeschool. It's simply not an option for most people," says Kirk Smalley, co-founder of Stand for the Silent. "We have to take a stand against the safety issues in school, especially when it comes to bullying and negative environments."

As families prepare for the school bells to ring, some are already fearing the idea of the bullying culture that may be waiting in the hallways and classrooms. Now is the time for parents, schools, and communities to proactively address the situation so that it doesn't become a big issue later on. Some things can be done to help address the problem at all levels, and it is better to get ahead of now rather than wait until it is a big issue.

Here are some tips for keeping kids safer this school year:

• **Talk to kids about the issue.** They need to know what bullying looks like, what to do about it, how to report it, why it's unacceptable, etc. We need to

normalize discussing these issues with kids so that they are prepared if and when it happens and so that we set the bar on what acceptable behavior is. Discuss bullying in school and online.

• **Create a culture of kindness.** It's important to respect people's differences. We will never have everyone the same in any community, home, or classroom. We need to instill a sense of understanding and respect so that people focus more on other things. No matter how different people are, we all have certain things in common, and if we focus on those, we will create a kinder culture.

• **Be mindful of sharing personal information.** It's a common practice for proud parents to post pictures of their child headed back to a new school year. When doing this, exercise caution in what personal information is being shared and who can see it. Avoid putting too much personal information in the photo or post, and be sure to check your account settings first so they are set only to show to your friends and not the whole world. That personal information can end up in the hands of predators and be used by others.

• **Teach healthy phone habits.** Not having a phone is not a solution for most families. Kids today have phones, which is not going away for the most part. It's better to focus on teaching kids how to use them healthily, the dangers of using social media, and how to protect themselves. They also need to know about cyberbullying and what to do about it. Parents must also

be sure they are leading by example when using their phones and social media.

"Addressing safety and bullying concerns is within all of our power, and we must do it to protect the kids," added Smalley. "We are happy to help every community and school become a safer learning environment for kids. Book one of our seminars, and let us help you kick off a culture of kindness at your school."

Stand for the Silent has also launched a Student Stand Out program this school year. Teachers can nominate students who they feel stand out by being kind, addressing bullying, being a positive role model, having good leadership, having respect and integrity, and demonstrating actions that show initiative to end bullying at the school. Each week through the school year, one nominee will be chosen to receive a \$50 Visa gift card, and at the end of each semester, one person will be selected to win a \$100 gift card. The nomination period runs from August 1 to December 1 and then from January 1 to April 1. For more information about the program, visit the site at: <https://standforthesilent.org/schools/standout>

Stand for the Silent travels the country, providing seminars and talks for communities and schools. They also offer helpful materials online to help people with bullying issues. Each year, they also give scholarships to students who help address bullying at their schools. To get more information on how to have the organization do a presentation or how to start a local chap-

ter, visit the site at: <https://standforthesilent.org/>

Smalley and his wife, Laura, started the organization following their 11-year-old son, ending his own life due to bullying. They turned their pain and loss into a mission of helping others. He travels the country giving

presentations about bullying to schools, providing bullying prevention, giving out scholarships, offering intervention strategies, and more. Those interested in getting involved can start a chapter of the group in their area, obtain a free K-2 bullying prevention curriculum

or cyberbullying handbook for parents, host a presentation at their school, introduce the How All Started video, and donate to help support the cause.

To get more information, visit the site at: <https://standforthesilent.org/>

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



French Onion Grilled Cheese Sandwich

By MARIE

Everyone loves a grilled cheese sandwich, because they are quick and easy to make and tastes really good too! So, if you like grilled cheese, you will find today's recipe is different from the every-day grilled cheese sandwiches that we are used to.

I think that you will enjoy these due to the different ingredients and the taste of French Onion Soup. The following recipe will make 4 grilled cheese sandwiches.

Ingredients

- 2 large onions, diced
- 2 tablespoons of Better than Bullion
- 1 package of your favorite sliced cheese - mozzarella, cheddar or your choice
- 3 tablespoons of olive oil
- 1 tablespoons of butter
- 2 cups of ricotta cheese

In the hot oil and butter, sauté the onions along with the Better than Bullion until caramelized (done and browned) set aside.

Take four slices of sourdough bread and lightly coat one side with butter, skillet should be on low heat at this point.

Place the bread, butter side down, in the same skillet that you used to caramelize the onions.

On each slice of the buttered sourdough bread, spread the other side with a layer of the ricotta cheese, and, for your second layer, top with the caramelized onions and then add a slice of your favorite cheese.

As this is cooking in the skillet, butter the top of a second slice of sourdough bread and add to the top butter side up.

Add to a skillet and brown on one side, then flip and brown the other side.

Remove from skillet and voila! Serve with any delicious side, for instance tomato soup, side salad or French fries.

Peach Radicchio, Quinoa Salad

By SUZIE

Salads can get boring after a while, but they really are a delicious and easy way to take in a healthy meal in the summer. This can be made ahead of time and quinoa (pronounced KEENWA) is considered a complete protein because it contains the proper amino acid profile.

Great for vegetarians, but you certainly do not have to be a vegetarian to enjoy quinoa. It is super easy to digest, and for culinary purposes is considered a grain, but it actually is a seed.

This salad is packed with nutrition and is considered a "nutrient dense" meal. Meaning, there is a lot of nutrition packed into every bite.

Radicchio and parsley are loaded with important vitamins and minerals, walnuts contain the very important essential fatty acid for brain and heart health, and peaches are a delicious in season fruit containing fiber and also packed with important vitamins and phytonutrients.

Extra virgin olive oil is a healthy mono-

unsaturated fat that has been linked across the board to better all around health, not to mention beautiful skin and hair.

PEACH RADICCHIO AND QUINOA SALAD

- 3 Tbsp extra virgin olive oil
- 2 tablespoons sherry vinegar (or apple cider vinegar or lemon juice)
- 1 teaspoon dijon mustard
- sea salt and pepper to taste
- 2 large FIRM peaches, diced (keep the skin on for extra fiber and nutrients)
- 1 head of radicchio, coarsely chopped
- 1 c packed fresh flat leaf parsley (Italian)
- 1/4 cup walnuts, chopped
- 2 cups cooked quinoa COOLED (follow package directions. I always cook mine in broth for extra flavor! you should too!)

Just mix all together and serve, drizzling with some extra olive oil before serving. Enjoy!



ETHAN JOHNSON of Quincy (center), a 2024 graduate of Fairfield College, was recently inducted into Alpha Kappa Delta (AKD), the International Sociology Honor Society. AKD was founded in 1920 at the University of Southern California by Dr. Emory S. Bogardus and became affiliated with the Association of College Honor Societies (ACHS) in 1967. Ethan will be attending the New England Law School this fall. With him are his proud parents, Karl and Marybeth Johnson.

Courtesy Photo

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The Disease Of Being Busy

By LORI SCOTT
E-RYT 500, YACEP

Are you constantly on the go? Are you rushing through your days on autopilot? Do you move or speak without thought and regret it later? When people ask: *How are you?* ... is your response: *Busy*.

We all wish we had more time off from our commitments and responsibilities. However, when we do have more time, we often fill it with more commitments and responsibilities. Even worse, sometimes we fill our days doing things we don't even enjoy. Unfortunately, our culture promotes living busy lives and wearing busyness as a badge of honor. The question: *'how are you DOing'* is a perfect example. Somewhere along the way, we have shifted from human BEings into human DOings.

It turns out, there is a name for this and Scottish researchers call it Busy Life Syndrome or the Disease of Being Busy. This disease is just that, dis-ease: when we are never at ease. The clinical trials on this syndrome place great emphasis on the consequences of a hectic lifestyle, hyperstimulation and excessive activity on memory, as they lead to forgetfulness, absent-mindedness and lack of concentration. In short, Busy Life Syndrome is used to describe a type of memory loss. Diagnosis is based on clinical history and the treatment involves life balance and adequate rest.

The need to keep ourselves preoccupied at all times DOing more can actually result in the opposite. Studies have shown that being busy all of the time makes the brain less efficient and worsens overall performance. So, this hectic busyness is actually harmful to our health, makes us less productive and increases our risk of illnesses caused by stress.

If just the idea of sitting and BEing creates anxiety for you, you are not alone. Chronic busyness and over-commitment are ways many of us avoid feeling uncomfortable emotions. We often welcome a diversion when things are hard and this distraction can be helpful at times. But if this busy way of life is feeling destructive to your wellness, causing you to live each day as an emergency or is keeping you from being fully present with the people and the things you love, then it might be time to slow down, catch your breath and check in.

The easy-going days of summer are fleeting and now is the perfect time to pause, practice dropping in and create a few mindful minutes for yourself. By definition, PAUSE means a temporary stop in action or speech; a cessation of activity; a momentary hesitation; breathing space, interruption; a short period of rest or relief from something difficult; a lapse of time. Essentially, pausing is a time-out!

When a child is in a time-out, it is a consequence for their behavior, an intentional pause for them to sit with what they did.... AFTER they did it. This pause is an opportunity to think about making a different choice next time. What if we put ourselves in a time out BEFORE something happens? We may be more likely to respond to a situation from a calmer state of mind rather than a hurried, regrettable reaction.

Some schools are now replacing detention with meditation providing a calm room for students to practice pausing when they are upset. So, let's put the brakes on, practice being proactive and put some mindful space around things.

Slow down, step out of autopilot and into awareness with these simple tips:

Schedule a time-out.

This may seem ridiculous, but you'd be surprised how

many of us go through an entire day without even realizing that we are breathing. We are really good at scheduling lots of things, but how about creating a little time in your day to appreciate your most basic human need? Breathing. Take 3 deep breaths right now.

There is an old Zen saying: *"You should sit in meditation for 20 minutes a day. Unless you're too busy, then you should sit for an hour."*

In order to protect and nurture our well-being, we need to create space for reflection. Before your health starts flashing warning signs for you to slow down and stop crossing things off your to-do list, make an appointment in your calendar to BREATHE.

Set a timer each day to get reacquainted with your heart-beat. Maybe once a day at a certain time, before each meal, before driving or as often as you need - pause for just 3 deep breaths. Your texts and emails will be there for you when you're ready to return. Better yet, if any of those messages involve a problem, maybe some of them will be resolved by the time you respond. Create brief moments in time in your schedule-filled existence to just... be. Adults need time-outs too!

Find power in the pause.

Now that you have carved out a little time in your schedule for breathing, you can take that a step further and begin to notice the quality of your breath.

One of the quickest ways to notice the present moment is through a simple breathing technique I like to call *Powerful Pause*. Place one hand on your heart and one on your belly. Take a long breath in. Notice the pause at the top of your inhale, then let it go. Long and easy, notice the pause at the bottom of your exhale. Take another breath in... pause... and let it out... feel the pause.

That brief pause is filled with tremendous power, intuition and wisdom. In that tiny moment, you know exactly what you need. It is your ability to understand something immediately without the need for overthinking. You are peaceful, authentic and free in this space. If you're always on the go, it's impossible to connect with how powerful you really are. The sky's the limit to what you might notice when you create some space without distraction. When your busy life tries to invite you back into chaos, resist the urge to think about what comes next and be satisfied with what's happening right now at this very moment - your inhale, your exhale and the powerful pause in between.

Be where your feet are.

On New Year's Day, most of us make resolutions for the year. Sometimes, we set intentions for the week or day. Planning and setting goals can feel exciting but if your busy lifestyle is constantly in fast forward mode, it may suggest that the next moment is more important than the one you're experiencing right NOW.

It's still August and we're already seeing advertisements for Halloween. Dial back your intentions to just this moment. How do you feel in THIS very moment - right NOW? Feel your feet touching the ground. Stay there. Can this moment right now be enough?

Author of "The Power of NOW" Eckhart Tolle says, *"Your outer journey may contain a million steps; your inner journey only has one: the step you are taking right now."*

Do one thing at a time.

Mindfulness is acting in a way where all of our attention is directed toward the activity in which we are currently engaged without distraction.

When you are resting, REST. When you are eating, EAT.

MONTHLY MINDFULNESS



By Lori Scott, E-RYT 500

OWNER OF LORI SCOTT YOGA & WELLNESS

When you are driving, DRIVE. Be fully present. Bring your awareness to what's happening here and now. How are you breathing? Is it fast or slow? How does your physical body feel in this moment? Notice the thoughts running through your mind. What's happening in your environment? What do you hear? What do you see? What do you smell?

When you're doing only one thing at a time, your nervous system naturally responds by calming down. Wisdom will surface during these mindful minutes but only if you create space for it.

Share a smile.

Imagine a world where we can sit with people and have slow, meaningful conversations with pauses and silences that we are in no hurry to fill? Or imagine connecting with people by asking: *How are you BEing? How is your heart today? Imagine having these meaningful moments with yourself?*

Hold space for yourself and others. Sit in the company of those you love and allow space to just share a smile. Shared silence is actually very powerful, especially when the smile you share is with the person you see in the mirror ;)

Practice saying NO.

Saying NO is hard sometimes because it means disappointing others. But the truth is, things will be okay. Saying: *"no thank you, I have plans"* is perfectly okay. Even if those plans involve doing absolutely nothing. Those plans are just as important, in fact, they are necessary for your mental health. Taking good care of yourself and protecting your time is not selfish, it is vital to your well-being. It is okay to make yourself a priority. Others around you will adjust.

Without guilt or apologies, practice enjoying the simple pleasures like breathing, resting, sitting in the sunshine. It doesn't matter what the plan is, it is gentle to YOU and you are worth getting to know.

Practice pausing with us and join our yoga community!

Our welcoming, non-competitive, loving community meets on Wollaston Beach (across from Hollis Ave) every Sunday at 8 am through the end of September. Class is for all levels, beginner friendly. No yoga experience, flexibility or sign up needed. Together, we practice breathing, slowing down, finding peace and having some fun. *'Easy Like Sunday Morning'* is our motto! Class is \$15/p Cash Only. For more details, please email loriscottyoga@gmail.com.

Lori is an experienced 500 hour Certified Yoga Teacher with Yoga Alliance, Founder & Director of Registered Yoga School (RYS 200) and a Yoga Alliance Continuing Education Provider. Lori specializes in leading retreats, certification programs, 200 hour Yoga Teacher Trainings and facilitating Meditation and Stress Management classes for local corporations.

In addition to teaching yoga, meditation, wellness classes & workshops, Lori is a trained Trauma-Conscious Yoga Teacher offering free yoga to Service Members, Veterans & First Responders. Lori also holds certifications in Clinically-Informed Restorative Yoga, Kids Yoga, Seniors Yoga, Chair Yoga, Balanced Athlete® and Barre. Lori is mostly known in the community for teaching her signature Beach Yoga classes.

www.loriscottyoga.com.

Artwork Of Beth Neville Students On Display At Milton Public Library

Cont'd From Page 2

Sheila Monks writes poetry and illustrates her poems with colored pen line drawings. Kirsten MacLean uses watercolors, as did her Grandmother, an illustrator. Her topics often explore vivid sunsets, boats, and seashores. John McLaughlin (not related to Kevin!) likes animals and sea creatures. His watercolor of a tall lighthouse with setting

sun leads into the Modernist tradition.

The student who explores the most diverse styles and topics is Andy Beliveau. His sources are photographs and paintings by great masters, but the resulting art work is uniquely his own. Brian Conroy also uses master painters as inspiration. His interpretation of Monet's "Burning of the Houses of Parliament" is a freely painted vision. Christophe Van Diet also finds inspiration in masters like Van Gogh, but some of his work is based on the Blue Hills. Mary Driscoll and Sheila

O'Donnell share an interest in landscapes, seashores, and nature and both use oil paints.

Three students who have used watercolors in the past, Patty Harrington, Mary Frances Kane, and Martha Cotton, have switched to oils and are enjoying the free brushstrokes and overlaying of the oil paint. Staying with pens and watercolor, Loretta Britt and Anne Dooley prefer to work with an "illustration" style, using watercolor to define flowers, vases, doorways, and trees. Then they use black pen to crisp up the design with an

outline. The small drawings are delightful and Anne uses hers to make pretty greeting cards. Heather Putnam uses water color and loves Vermont scenes and storefronts. Lana Agnew is the sole pastel artist. She also studies pastel with Laurinda O'Connor and helpfully shares her learning experiences with the class. The newest member of the group is Judith Warner, an experienced painter, who brings an aggressive modernist style to the painting scene with her brightly colored oil paints.

The exhibit will also

include a watercolor by beloved member Kevin Elsdon, who passed away in late July. We encourage everyone to come enjoy this display during the month of September, and to attend the reception on Sept. 12 at 6 p.m. so that you might meet some of the artists as well.

Questions about applying for an exhibit here at the MPL? Email jhlady@milton.ocln.org or call the Reference Dept. at (617) 898-4964 for an application. We have a few openings in 2025. Visit the Milton Public Library in September.

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Social Security Matters Does Some Of My Social Security Payment Include Repayment Of My Contributions?

By RUSSELL GLOOR
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I have a question about my Social Security benefits. Would I be correct to assume that part of the monthly Social Security income I get is a repayment of what I contributed to the fund while I was working? If so, how much of my monthly benefit payment is my own money coming back to me? **Signed: Curious Beneficiary**

Dear Curious: I'm afraid that is not how Social Security works. The money you contribute to Social Security during your working years does not go into a special account to be repaid to you. Rather, the Social Security taxes you pay while working are used to pay benefits to all those currently receiving Social Security benefits. The system is, in effect, a "pay as you go" program where all those currently contributing help pay benefits for all those now receiving. What your contributions do, however, is earn you "quarter credits" and, when you have enough credits, you become eligible for Social Security retirement benefits for life. Generally, someone must have about 40 quarters (about 10 years) contributing to Social Security to be eligible for SS retirement benefits.

How much you receive monthly is determined not by how much you contributed but, rather, by how much your work earnings were over your lifetime. You will get a percentage of your average pre-retirement work income as your monthly Social Security payment, but that is also affected by your age when you claim benefits. It is your average lifetime earnings (adjusted for inflation) which determines your "Primary Insurance Amount" (or "PIA"). Your PIA is what you get at your Social Security full retirement age (FRA), but your age when you claim benefits determines if you get more or less than your PIA. Claiming SS before your FRA means a smaller monthly benefit, while waiting longer than your FRA means a benefit higher than your PIA. (SS benefits reach maximum at age 70). FYI, each person's FRA is different based on the year they were born, but full retirement age today is between age 66 and 67. When you claim benefits relative to your FRA determines how much of your PIA you will receive each month.

So, your contributions to Social Security aren't used to determine your monthly benefit amount, but your average lifetime work earnings and age when you claim are. Nevertheless, you may be interested to know that most people get back everything they have personally contributed to Social Security within about 3 to 5 years of collecting their benefits. In that sense, Social Security is an exceptionally good deal, since most Americans now collect benefits for about two decades. And therein lies much of Social Security's financial dilemma - people are now collecting benefits for many more years than the current program is designed to support. And that is what Congress needs to fix as soon as possible. The Social Security trust funds (which now provide supplemental money to pay benefits) are projected to be depleted around 2033, which will mean a cut in everyone's monthly Social Security payment, unless Congress acts soon to reform the program and restore it to fiscal solvency.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Author Talk, Book Signing Aug. 22

The Thomas Crane Public Library invites the public to an author talk and book signing of *Northern Byways and Other Essays From The Road* by Plainfield author and photographer Agatha O. The event will be held

Thursday, Aug. 22 from 7 to 8 p.m. at the library, 40 Washington St., Quincy Center.

She will be reading selections from her newly-published collection of essays and photos, *Northern*

Byways and Other Essays from the Road, a "windshield survey of the lay of the land across the thinly populated expanses that most of us Americans and Canadians profess to love."

Irish Cultural Centre Of Greater Boston To Honor Kathleen O'Toole Sept. 19

*First Female Boston Police Commissioner Recipient
Of Brian J. Donnelly Award For Leadership In Public Service*

The Irish Cultural Centre of Greater Boston (ICC) will honor Kathleen O'Toole, the first female commissioner of the Boston Police Department, at the second annual Brian J. Donnelly Award for Leadership in Public Service on Sept. 19th.

The award is named for former-United States Congressman and former-United States Ambassador to Trinidad and Tobago, Brian J. Donnelly, who passed away in February 2023 and was known for a strong commitment to public service. He is often recognized for the instrumental role he played in creating the Donnelly Visa, a program which helped many emigrate to the U.S. from Ireland seeking the American Dream. The ICC presented the first annual Brian J. Donnelly Award for Leadership in Public Service in 2023 to the current President and CEO of the New England Council and former-Massachusetts Representative, James T. Brett.

O'Toole is the second recipient of the annual Donnelly Award, being honored for her work in Massachusetts as an attorney and career police officer, including as the first female Commissioner of the Boston Police Department, appointed in 2004. In addition to her work with the Boston Police Department, O'Toole served as Lieutenant Colonel of Massachusetts State Police and as the Massachusetts Secretary of Public Safety.

During the Northern Ireland Peace Process, O'Toole was a member of the Independent Commission on Policing (The Patten Commission). In 2006, she moved to Dublin and served for six years as Chief Inspector of An Garda Síochána Inspectorate, an oversight body that advised the Minister of Justice. After returning from Ireland, O'Toole spent several years as Chief of the Seattle Police Department. More recently, she chaired the Commission on the Future of Policing in Ireland. She currently is president of O'Toole Associates, LLC, an international consulting firm that advises govern-



KATHLEEN O'TOOLE, the first female commissioner of the Boston Police Department, will be presented the second annual Brian J. Donnelly Award for Leadership in Public Service from the Irish Cultural Centre of Greater Boston on Sept. 19th.

Courtesy Photo

ment and industry clients, and a partner at 21st Century Policing Solutions.

O'Toole has been a long-time friend of the ICC, having served previously on the Board of Directors. She is a current board member of the Irish American Partnership and the University of Limerick Foundation Board. She is also on the advisory board of the Business School at Trinity College Dublin. She has been a supporter of the Irish community throughout her years in public service.

"We are incredibly honored to present Kathleen O'Toole with the 2024 Brian J. Donnelly Award for Public Service," Executive Director of the ICC Jerry McDermott, and Chair of the ICC's Board of Directors Martina Curtin said. "Kathleen's tireless dedication to public service epitomizes the values of Brian J. Donnelly's life and work. Her contributions to policing and her commitment to

the Irish community have made a lasting impact both locally and internationally, and we look forward to celebrating her achievements at this year's event."

"I am deeply honored to receive the 2024 Brian J. Donnelly Award for Public Service from the Irish Cultural Centre of Greater Boston," said O'Toole. "Brian Donnelly's legacy of service and his efforts to strengthen the ties between Ireland and the United States continue to inspire me. Throughout my career, I have been committed to serving communities and fostering positive change. To be recognized by the ICC for my work is deeply meaningful, and I

look forward to continuing to support the mission of the ICC."

"I was tremendously honored to receive the first Brian Donnelly Award last year, and I cannot think of a more deserving recipient than Kathleen O'Toole," said James T. Brett, president and CEO of The New England Council. "Kathleen has dedicated her career to public service at the local, state, national, and international levels, and because of her commitment and expertise, we all live in a safer world."

Proceeds from the Brian J. Donnelly Award for Leadership in Public Service help support the ICC's mission of promoting and preserving Irish culture and heritage. A portion of funds raised from the event supports the ICC's hiring of a J-1 visa intern from Ireland each summer, as homage to Brian J. Donnelly's work with the Donnelly Visa.

The award ceremony will be held at 6 p.m. on Thursday, Sept. 19 at the Omni Parker House in Boston (60 School Street, Boston, MA 02108). Further information regarding tickets and event details are available here or via the Irish Cultural Centre's website, irishculture.org.

Four Residents Graduate Fairfield University

Four Quincy residents recently graduated from Fairfield University in Fairfield, CT.

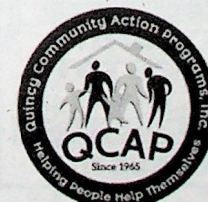
The new graduates are: Ronan Hurley, Ethan Johnson, David McNulty and Edward Ordway.

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Phone: 617-657-5355



Class Location

1509 Hancock Street
Quincy, MA 02169



Real Estate

Quincy Real Estate Transactions August 12 - August 16

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Jay Flynn & Richard McNeil
Diana Eysie
James & Helen Ryan
Katherine & Joseph Rondinelli
Karen Huff
Nianxiong Guan & Huimin Zhou
Michael & Margaret Murphy
William, Rosemarie & Daniel Highlands
Hai Huang & Jenny Chan
John & Joanne Brennan
Amy & William Leonard
Thomas & Ann Slowe
Carol Hesson
Qiang Chen & Lili Gao
Shichen Zheng & Zhimin Huang

BUYER

Jay Flynn
Xuesheng Zou & Chunfang Liu
Xin & Hui Li
James & Helen Ryan
Taylor Powers
Torrie Lewine
Brendan McAuliffe & Janelle Shea
Michael Tan
Jeffrey & Kenny Huang
Wesley Mei
PSALM 91:9 Trust
Eric Swotinsky & Aviva Friedman
Sun Harman & Peter Bergende
Shan Chen
Omar Mian

AMOUNT

\$34,000
\$800,000
\$1,100,000
\$790,000
\$682,000
\$435,000
\$670,000
\$445,000
\$860,000
\$256,000
\$720,000
\$935,000
\$1,905,000
\$890,000
\$1,285,000

ADDRESS

77 Adams Place
88 South Bayfield Road
226-228 Marlboro Street
21 Forest Avenue
177 Elliot Avenue
24 South Street
32 Alvin Avenue
10 Weston Avenue
57 Walnut Street
205 Independence Avenue
149 Quincy Street
3 Grand View Terrace
132 Shore Avenue
48 Sachem Street
94 Merrymount Road

7 Months Of Steady Real Estate Activity For County, Quincy

Norfolk County Register of Deeds William P. O'Donnell reports that Norfolk County recordings for the first seven months of 2024 (January to July) show consistent trends in overall real estate activity for both the county and the City of Quincy compared to the first seven months of 2023.

The Norfolk County Registry of Deeds recorded 58,698 documents in the first seven months of 2024. This was nearly equal to the first seven months of 2023 down only 268 documents.

For the City of Quincy during this time period the total number of documents recorded was 5,269 down 8 percent from the 5,757 documents recorded from Quincy in 2023.

"Looking at the big picture of recordings for the first seven months of 2024 shows that real estate activity for Norfolk County is right around the same levels as in 2023 with Quincy real estate activity down only slightly," O'Donnell said.

"Overall there are still pockets of the market in Norfolk County that are seeing growth and stability, particularly in certain neighborhoods and property types."

The number of deeds for the first seven months of 2024, which reflects both commercial and residential real estate sales and transfers, was 9,009, an increase of 3 percent from the first seven months of 2023. Looking at just real estate sales recording show an increase of 9 property sold from January to July compared to the same time period last year.

For the City of Quincy during this time period the total number of deeds recorded was 999 down 3 percent from 2023.

"Recordings for the first seven months of 2024 show not only an increase in overall deeds, recorded but also an increase in the number of property transactions taking place compared to January through July of 2023," O'Donnell said. "During

the same time period, there were only 15 fewer properties sold in Quincy than in 2023."

The first seven months' average sale prices have increased compared to the first seven months of 2023. The average sale price in the first seven months was \$1,096,191, a 5 percent increase from the first seven months of 2023. The total dollar volume of commercial and residential sales is up \$5,157,580,967, increasing 6 percent from the same period a year ago.

Average property sale price in Quincy in the first seven months increased 40 percent to \$1,041,163 compared to last year during the same time.

"The desire to live and work in area communities drives Norfolk County's competitive real estate market," O'Donnell noted. "Additionally, with the significantly high demand in Norfolk County and, more specifically, the City of Quincy, the current stock of available properties is unable to match that demand, leading to real estate prices remaining elevated. Quincy is a desirable place to live

and this demand given limited inventory drives sale price increases."

Overall lending activity for the county was down for the first seven months. A total of 8,435 mortgages were recorded in the first seven months of 2024, 1 percent less than the first seven months of 2023. However lending activity in Quincy was up 1 percent increasing to 797 mortgages recorded.

"While overall lending activity for the county is slightly down, in some communities like Quincy with its 1% increase in the first seven months of 2024 there have been some signs of lending picking up," noted O'Donnell.

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In the first seven months of 2024, 54 foreclosure deeds were recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in the first seven months of 2023, 47 were recorded. Additionally, in the first seven months of 2024, there were 227 notices to foreclose, the first step in the foreclosure process,

more than the 207 recorded in the first seven months of 2023.

For the City of Quincy 9 foreclosure deeds were recorded in the first seven months of 2024 an increase of 6 from last year. Notices to foreclose are also up going from 18 in 2023 to 27 in 2024.

"The increased number of these notices to foreclose is troubling. It suggests that more of our neighbors in both the county and in Quincy may have financial difficulties in the future," said O'Donnell. "If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"The first seven months of 2024 revealed a stable real estate market in both the county and in the City of Quincy that, while consistent, remains affected by a lack of available property inventory, resulting in increased competition among buyers and an increase in property prices," O'Donnell concluded. "Norfolk County continues to garner a strong demand from individuals who desire to both live and work in area communities, which is one factor contributing to the competitive market."

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County.

The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information.

All land record research information can be found on the Registry's website, www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101 or email registerodonnell@norfolkdeeds.org.




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Children's Activities Aug. 22-30 At Crane Public Library

By **JULIE RINES**
Children's Coordinator
Thomas Crane Public Library

The following events and activities for children are scheduled Aug. 22-30 at the Thomas Crane Public Library.

Toy Time

Come to the library on Thursday, Aug. 22 for a free play-time session with your baby, ages 9- 23 months full of age appropriate toys and activities plus socializing with other children and caregivers.

A fun time for all and a chance to practice large and small muscle development. This program will meet in the large meeting room from 10 to 11 a.m. and is for children ages 9 - 23 months accompanied by an adult.

LEGO Building @ Wollaston

Stop by the Wollaston Branch on Thursday afternoons through Aug. 29 between 2 and 4 p.m. for free-play LEGO building. Grab some LEGO bricks and build a boat, a spaceship, a double-decker couch - anything you want, then toss them back and try to make something else. LEGOs must be returned by the end of the program, sorry!

Parents please note regular LEGO are intended for children ages 5 and older, DUPLO and other building toys will be available for younger children.

Basket Craft @ Adams Shore

Children ages 8-12 are invited to join us at the Adams Shore Library on Thursday, Aug. 22nd at 2 p.m. for a special

craft activity where we will be using recycled materials to make baskets.

Preschool Discovery @ JL

Drop by the Main Library children's room with your preschooler, ages 3-5, any time between 10 and 11 a.m. on Friday, Aug. 23rd to do some fun simple science together. Activities, experiments and instructions will be provided for science you can do with your child.

Come in and do some of our favorite science activities from the past year of Preschool Discovery. Did you have fun with magnets? Did you miss out on making constellations? Did you want to try building a new marble run? Try out all these and more!

Drop in Crafts @ Adams Shore

Children ages 3-8 are invited to stop by the Adams Shore Library on Monday afternoons to do some crafting. Each week we'll have a new craft. For the week of Aug. 26th we will be making a hot air balloon craft.

Can't join us on Mondays? Stop by Adams Shore during our open hours to pick up a craft to take and make at home, while supplies last.

Creativity Café

Kids ages 8-12 are invited to join us on Monday afternoons at the Main Library from 2 -4 p.m. for our weekly Creativity Café! Each week we will have a variety of craft supplies available and a craft prompt to spark your creativ-

ity. For the week of Aug. 26th we will be making butterfly rings.

Sodas and Scribbles @ North Quincy

Kids and their grownups are invited to join us for "Sodas & Scribbles," at 7 p.m. on Tuesday, Aug. 27th where we'll enjoy painting with watercolors and sipping soda. Bring your artistic flair and take home your new masterpiece!

We'll be using watercolors which can be drippy so dress to get messy.

This program is for adults and children together. All grownups must be accompanied by a child.

Registration is required and began on Thursday, Aug. 1st at 9 a.m. online at thomascranelibrary.org, by phone at 617-376- 1320 or in person at the North Quincy Library.

Page Turners Graphic Novel book club Ages 8- 12

Children ages 8-12 are invited to join us on the Wednesday, Aug. 28th at 6:30 p.m. for our Page Turners graphic novel book club to discuss Miles Morales: Shock Waves by Justin Reynolds.

Copies of the books are available for pick up in the main library children's room and as an ebook on Libby.

Read and Bead Challenge

Don't forget to stop by any library location by Friday, Aug. 30th to collect your final beads and charms.

All programs sponsored and supported by the Friends of the Thomas Crane Public Library.

'Voting As Freedom' Concert Kicks Off MCC's 10th Season Sept. 15

On Sunday, Sept. 15 at 3 p.m. Milton Community Concerts will be embarking on its 10th anniversary season with a timely concert event called "Sing Out Strong: Voting As Freedom" at First Parish of Milton, 535 Canton Ave.

This concert is a collaboration between MCC and White Snake Projects. Performers include singers Aurora Martin and Chihiro Asano, pianist Jamie Lorusso, and guest speaker/host Cerise Lim Jacobs, founder of WSP.

White Snake Projects has developed this program as a part of a multi-year community-based project called "Sing Out Strong: Emancipated Voices." For this concert composers from around the country have set texts from students,

immigrants, and other members of the local Boston community to music. These texts were written in response to the question: "What do voting and freedom mean to you?"

Composers young and old submitted their musical responses to these texts in a Call for Entries in 2023. Eleven composers were chosen to set these texts to music for this concert, ranging from young emerging composers to established award-winning ones, and representing various socioeconomic, age, gender, and racial backgrounds.

The composers collaborated with the writers, four of whom are students at Boston International Newcomers Academy, a public high school devoted to recently arrived

immigrants. The result is a program of songs featuring many different musical styles that entertain, outrage, and educate at a time when the issue of voting is a critical one.

Admission for this concert is PAY AS YOU CAN, with a suggested donation of \$25 general/\$15 senior/Free for 18 and under (tickets available at the door only).

A portion of the ticket sales/donations will go to support the Movement Voter Fund.

The venue (First Parish of Milton) is accessible, and free parking is plentiful.

For more information visit miltoncommunityconcerts.com.

CITY OF QUINCY

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WEDNESDAY, AUGUST 28th
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by August 24th

Quincy Animal Shelter Celebrating 25 Years

Cont'd From Page 6

the person to keep the pet," she said. "Sometimes it can be giving them some ideas or suggestions, connecting them to resources like low-cost spay/neuter or helping them with finding a vet that might be able to help them out or a trainer. Sometimes we can do something like that."

"Sometimes people can't afford things and we might be able to help them out by giving them cat food or dog food to tide them over, or connect them with a food pantry. Our first goal is to keep the pet in the home. That's what we really try to do. Sometimes people are very open to that and those suggestions will work. Other times people are like, 'nope, I'm done, I'm dropping the animal off,' there is nothing you can say, nothing you can do. But we really are trying to shift our focus to helping members of the community keep their pets."

Aside from donations, Sines said the shelter needs individuals to consider adopting the animals in its care.

"Besides food and supplies and all of those things, we really need people to consider adoption. Adoption does save lives, fostering saves lives, so that kind of support is what we need," she said.

"We're not against anything. We understand that people want to get a purebred German shepherd or a golden retriever. That's okay. We understand that. But if they're not looking for something very specific, adoption is a great option, it's a great value. Our adoption fees do not even cover what we put into an animal. It's definitely a great value



QUINCY ANIMAL SHELTER is celebrating 25 years and has events planned to mark the milestone including a golf tournament Oct. 21 at Granite Links in Quincy. Shown here are Sandra Sines, the president of the organization's board of directors, and Kit Burke, a member of the board. In a recent interview, they discussed the Quincy Animal Shelter's anniversary, the shelter running at full capacity and the need of more help from the community.

Quincy Sun Photo/Robert Bosworth

and you're saving a life."

Each cat or dog available for adoption has received age-appropriate vaccines, is spayed or neutered, and has been checked by a vet.

"All required vaccines, age-appropriate vaccines when it comes to kittens and puppies depending on how old they are," Sines responded when asked what one gets when adopting a pet from the shelter. "If they're 16 weeks old, they're probably fully vaccinated, but if we adopt out a kitten at like 10 weeks, they may need a follow up shot. They are spayed/neutered, microchipped, had a full vet exam. Combo tested for cats against feline AIDs and leukemia. Heartworm tested for dogs."

The Quincy Animal Shelter also vaccinates dogs against Lyme disease, something not all shelters do.

"We have a lot of Lyme disease we see because

there are so many ticks in this area," Burke said. "The Lyme vaccine is actually the most expensive per dose that we provide, and it's a two shot series, but we've just decided to do that — most shelters don't — because of the population of ticks that we've seen."

The adoption fees the shelter charges do not cover the costs the organization incurs when it cares for those animals.

"It was not long ago, pre-Covid, that you could get a female dog spayed for maybe \$300, \$400 — the public not us," Burke said. "That price tag now is up over \$1,200. We used to be able to secure, by working with certain vets, spay and neuter for anywhere from around a hundred dollars to a couple hundred. There's a vet we're dealing with, and we're not ungrateful, but after they've given us a significant discount, it's still \$460. What

we're worried about is because of these costs, you're going to see less animals spayed and neutered because people can't afford it."

"We don't make money on adoption fees," Sines added. "That's a common misconception when people say, 'you're charging \$600 for a puppy?' It's like, if you buy a puppy at a pet store, you're going to spend a lot more than that, plus you're going to have to do all the vet care on top of that. We stand behind our pricing. It's very, very reasonable."

The organization is also reliant on volunteers. Some 130 volunteers assist the shelter, staffing the building 365 days a year.

"Our volunteer staff is amazing," Sines said. "We can't say enough."

"Every now and then they'll say, 'I'm just a volunteer,' Burke added. "I say, 'look, if I get hit by a bus tomorrow, this place is not going to close — it's not going to. If all the volunteers walk out, we're done. We cannot run without you.'"

"I never want to see them minimize their value because they are invaluable. These are folks of all ages, all walks of life. We have MDs and retirees — just all across the gamut. Three hundred sixty-five days a year, they are in there, a morning shift and an evening shift, caring for those animals. There is something very special about people that come to work because they want to be there versus they have to get paid."

"You said before, what do you need most from the public. If they cannot adopt, come visit us. Come learn about what we are and what we do. You may very well find that there is something that you can do to help us whether it's foster or be a

volunteer. A new volunteer we ask for a six-month commitment and one shift a week that's two hours."

Volunteers must be 18 years old, she added.

Kittens and puppies in the shelter's care are sent to foster homes so they can be socialized properly. Animals with special needs, and animals who need hospice care, may also be sent to foster homes.

"Fostering comes in for kittens and puppies," Sines said. "Puppies are a new phenomenon for us. We usually didn't get little puppies. This year, we're getting little puppies, and these are Massachusetts puppies, born here. While that's a lot of fun, we do have to find foster homes for them. We do it for two reasons, to keep them away from any potential viruses, diseases, whatever, but also for socialization. There's nothing worse than bringing a kitten or a puppy into a shelter and just having it sit and not getting constant socialization with people, places, other animals. It's important. We're not there 24 hours a day to care for little kittens and puppies."

"Then we also do any special needs animals, so if we have a dog that is not doing well at the shelter, we will put them into a foster care situation. And also hospice. An older cat is not going to do well in the shelter. It's going to be stressed. If it has any illnesses, that's going to make the illnesses worse. So, we do have a couple of people who are willing to make their last days the best days. Those people, I really admire them."

The Quincy Animal Shelter originally operated out of a building on Broad Street and in 2022 moved into a temporary home on East Squantum Street, behind the Kennedy Center. The city is in the midst of constructing a new facility on Quarry Street to accommodate the Quincy Animal Shelter as well as the Quincy Police Department's K-9 unit and the city's animal control officer.

Burke said construction of the new building should be finished by December or January, and the animal shelter hopes to move in sometime next spring. She called the new facility a "a premier, wonderful building."

"Broad Street was like 2,600 square feet. Where we are now down behind the Kennedy Center is about 4,200 I think, and that's animal control and us," Burke said. "This building on Quarry Street is going to be 12,000, and I think an awful

lot of that is coming to shelter side. The K-9 unit is not taking up half of that building."

"Right now, everybody is one space — so animal control and the shelter, all the animals are in one space, which means we have to leave cages open for animal control when they get emergency calls. Now, that's going to be separate," in the new building, Sines said.

"There is a lot more space for the animals, and the cages themselves are bigger so they will be comfortable while they are staying," she added. "We have cages for larger dogs and pairs and then medium- to small-sized dogs, because right now all the cages are pretty much the same size. And, the cages we have now are the ones from Broad Street, so they are old and rusty."

One of the new building's amenities will be a multi-purpose room. Among other uses, that space could be used as a shelter for residents' pets if the city or portions of it were forced to evacuate because of a hurricane or other emergency.

"I think it's going to provide obviously great resources for us and animal control, but I think as importantly, this building is going to have a multi-purpose room," Burke said of the new facility.

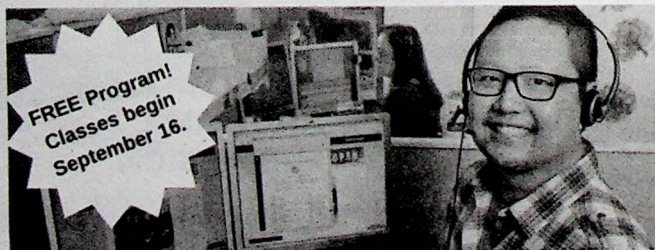
"Now, that doesn't sound like an exciting thing, but it will give us, because of the nature of flooring and whatnot, a space that the dogs can if weather is inclement — hot, freezing, whatever — that we can work with them inside. It will give us space that we could have smaller educational-type things for the community."

"I think one of the things that is really great that not everyone has thought about is that Quincy is on the water and, since Hurricane Katrina, the federal government has mandated that if a municipality has to take people in, they have to take their animals. As we said to Mayor Koch, doesn't it make more sense to have a temporary shelter setup in the animal shelter where the flooring and everything is intended for animal use, volunteers that know how to care for animals and whatnot, instead of a gymnasium floor at the new high school?"

"I hope we never have to use it for that, but I think it's great that there is a plan."

To learn more about the Quincy Animal Shelter, including information on adoptions, donations, upcoming events and volunteer opportunities, you can visit quincyanimalshelter.org.

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IT Fundamentals+ Certificate Program

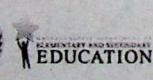
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Early Voting For State Primary Starts Saturday

Cont'd From Page 1

Center (Historic City Hall) at 1305 Hancock St. Early voting will take place there between 8:30 a.m. and 4:30 p.m. daily from Saturday, Aug. 24, through Friday, Aug. 30.

Voters also have the option of casting their ballots by mail. The deadline to request to vote by mail is 5 p.m. on Monday, Aug. 26. Voters can apply for a mail-in ballot by returning the application sent out in July by the Secretary of State's Office or by visiting MailMyBallotMA.com. Voters in Quincy may also request a mail-in ballot by calling the city's election office at 617-

376-1144.

A total of 10,567 ballots had been mailed out to Quincy voters as of Aug. 16, according to Assistant City Clerk Joseph Newton; 3,396 ballots had been returned and accepted. Of those returned and accepted, 2,876 were for the Democratic primary, 502 were for the Republican primary, and 18 were for the Libertarian primary.

Voters can return their ballots by mail using the provided envelope, which does not require the voter to pay for postage. Quincy voters can also use the ballot drop-box located outside City Hall at 1305 Hancock

St. in Quincy Center, or return their ballot in-person to the election office on the second floor of the glass City Hall annex building. Ballots can also be brought to the city's in-person early voting locations while they are open for early voting.

For the primary, ballots must be received by election officials no later than 8 p.m. on Tuesday, Sept. 3, in order to be counted. Ballots received after the deadline, even if postmarked on or before Sept. 3, will not be counted.

Residents also have the option of voting absentee. Absentee ballots can be cast in-person at the elec-

tion office inside City Hall from 8:30 to 4:30 p.m. on weekdays. Absentee ballot-ing ends at 5 p.m. on Friday, Aug. 30.

On the day of the primary, Tuesday, Sept. 3, polls will be open from 7 a.m. to 8 p.m. The same polling locations used in the March presidential primary will be used in September. City Clerk Nicole Crispo noted the polling place inside South West Middle School — where Precincts 1 and 5 of Ward 4 cast ballots — would be moved to the school's gymnasium based on feedback her office received.

The deadline to register to vote in the primary is 5

p.m. on Saturday, Aug. 24. Voter registration can be done in-person at Quincy City Hall or online at sec.state.ma.us/OVR.

As of Monday, there were 65,655 registered voters in Quincy. That total includes 18,410 registered Democrats, 4,195 registered Republicans, 197 registered Libertarians, and 42,356 unenrolled voters, meaning they are not members of any political party. As in previous primaries, unenrolled voters may vote in any of the three primaries.

Crispo anticipates 30 to 35 percent of the city's registered voters will cast ballots by the time polls close

on Sept. 3. That estimate is based in part on turnout the past two state primaries; the turnout in Quincy was 15 percent in 2022 and 33 percent in 2020. The latter election included county races with Quincy residents running against each other.

The presence of two Quincy city councillors on the ballot in this year's primary should help drive up turnout, Crispo said.

"I'm sure it will pique people's interest," she said. The Republican primary features a three-person race to be the party's nominee for US Senate in November. The candidates in that

Cont'd On Page 19

Idle Hour Establishment Changing Name To Drifters Kitchen & Bar

Cont'd From Page 3

topher Harrington said. His partner in the new restaurant is Andrew Moccia, who has more than 10 years of experience in the industry.

The board approved the transfers in a unanimous vote. City Clerk Nicole Crispo wished Falaro and Moccia well, but also said it was important they work with other nearby restaurants to keep a shared alleyway clean.

"It's really imperative that you all work together to make sure that that alley stays clean and you work with a pest control company, that you keep that area as open and clean as possible," Crispo said. "Of course, [we're] happy to have you and like your concept and wish you the best, but that's imperative."

The bar's hours are 8 a.m. to 1 a.m. six days a week, and 10 a.m. to 1 a.m. on Sundays.

In other business on Aug. 13, the board approved the

request of Niveaux at Yo-Cha for an all-alcohol liquor license for the premises at 406 Hancock St. YoCha, which is owned by the JP Fuji Group, has been open for a dozen years and specializes in desserts. The owners plan to expand the offerings available on site.

"We decided to add in a new element, which is going to be a bakery," said Tony Liang. "The bakery will have savory items as well as pastries and we plan to open for brunch on weekends."

Jimmy Liang said they had already begun a soft launch for the new concept, and it had gone well.

"We actually did a soft opening without any fanfare — we didn't publicize it or anything. Even so, we've been still selling out every day," he said. "It's our hope to add the brunch aspect to it."

The owners said the liquor license would primarily be for brunch service, though they do plan to of-

fer alcohol on weekdays as well.

The eatery's hours of operation are 8 a.m. to 10 p.m., with alcohol sales allowed starting 10 a.m. on Sundays.

In additional business on Aug. 13, the Board of License Commissioners:

Granted the request of the Wollaston Hill Neighborhood Association for special-use permits and one-day liquor licenses for its annual Saturdays in the Park events at Safford Park. Those events will take place from 2 to 7 p.m. on Sept. 7, 14, 21 and 28 and will include food, drinks, and live music.

Granted the request of Fatboy BBQ Inc. for a common victualler license for the premises at 647 Hancock St., formerly home to Momo Café. The restaurant will primarily be open for takeout, attorney Russell Chin told the board. The eatery's hours will be 6 a.m. to 11 p.m.

Granted the request of

Waku Waku Ramen for a common victualler license for the premises at 657 Hancock St., formerly home to TKK Fried Chicken. This will be the fourth Waku Waku Ramen location in the Boston area. Its hours of operation will be 11 a.m. to 11 p.m.

Granted the request of Francisco Dionicio for a common victualler license for Rosie's Pizzeria, 550

Adams St., due to a change in ownership. The pizzeria's hours of operation are 11 a.m. to 9 p.m. Monday through Saturday.

Granted the request of Sodexo for a common victualler license for the premises at 1 Heritage Drive. Sodexo will be operating the cafeteria inside the building, which is used by Granite Telecommunications.

Granted the request of

Avira Arjun Corp. d/b/a Adams Shore Supermarket for the transfer of the retail beer and wine license held Phillips of Quincy Inc. for the premises at 486 Sea St. Attorney Albert DeNapoli said the new owners do not plan to make any major changes to the store. Alcohol sales will be allowed from 8 a.m. to 11 p.m. six days a week, and from 10 a.m. to 11 p.m. on Sundays.

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Thursday, August 22
6:00pm: Bethany Congregational Church
8:00pm: QHS vs. Concord-Carlisle Football '23

Friday, August 23
11:30am: AM Quincy: Holbrook Library Fundraiser
7:00pm: Messages from the Candidates

Saturday, August 24
12:00pm: Messages from the Candidates
8:30pm: Lone Sailor Statue Dedication

Sunday, August 25
11:30am: Quincy Point Church Good News
1:00pm: The Call

Monday, August 26
11:30am: LIVE: Currently in Quincy
8:00pm: Messages from the Candidates

Tuesday, August 27
7:00am: LIVE: AM Quincy with Joe Catalano
7:30pm: LIVE: Whispers from the Other Side

Wednesday, August 28
6:00pm: Quincy Point Church Good News
7:00pm: The Call

Government Access Channel 9

Thursday, August 22
4:00pm: Board of License Commissioners 8/13
5:00pm: Zoning Board of Appeals 8/13

Friday, August 23
8:00pm: Quincy Planning Board 8/7

Saturday/Sunday, August 24/25
10:30am: In Your Neighborhood: Ward 2
11:00am: At the Kennedy Center: 70s Review
2:00pm: Planning Board 8/7
4:30pm: Board of License Commissioners 8/13
5:00pm: Zoning Board of Appeals 8/13
7:00pm: Health Links: Pedestrian Advocacy
8:00pm: Lone Sailor Statue Dedication
10:00pm: Board of License Commissioners 8/13
11:00pm: Zoning Board of Appeals 8/13

Monday, August 26
6:00pm: Home Sweet Healthy Homes

Tuesday, August 27
4:00pm: Board of License Commissioners 8/13
6:00pm: LIVE: Zoning Board of Appeals

Wednesday, August 28
7:00pm: In Your Neighborhood: Ward 2

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

17-Year Fugitive Sentenced 18-20 Years For 2005 Rape

After 17 years as a fugitive from justice following his conviction for aggravated rape, Tuen K. Lee, 55, has been sentenced to 18 to 20 in State Prison, according to Norfolk District Attorney Michael W. Morrissey.

Assistant District Attorney Lisa Beatty asked Norfolk Superior Court Judge Joseph Leighton to sentence Lee to 28 to 30 years in State Prison. Lee fled during his 2007 trial on charges that he broke into the victim's Quincy apartment in 2005 while masked and wearing gloves, bound her and brutally sexually assaulted her.

The Norfolk Superior Court jury convicted him of aggravated rape, kidnapping, and associated charges.

After Lee fled the state, the case was featured in an episode of the national television program "America's Most Wanted" for the purpose of locating him. The victim had worked at a restaurant where Lee worked as a manager. Although Lee was masked during the assault, the victim recognized his putrid breath, which was attributed to his use of traditional herbal medicines.

His identity was further established at trial.

"The State Police Violent Fugitive Apprehension Section and Quincy Police never forgot about this case, and that persistence finally led to Lee's capture in California," District Attorney Morrissey said. "Judge Leighton imposed a sentence of 18 to 20 years in state prison, followed by 5 years' probation with substantial conditions. We strongly believed that a substantial period of incarceration was appropriate given the brutality of the crime and demonstrated lack of remorse."

Lee was represented by Attorney Phil Tracy.



TWO DEER make their way down Elm Avenue in Wollaston the morning of Aug. 17. This photo was taken by MJ Nolan of West Elm Avenue who spotted the roaming deer while on her way to work. The deer caused quite a buzz in the area of Elm Avenue and Willow Street as neighbors watched the animals walk past homes in the neighborhood, according to one neighbor who submitted the photo for publication.

On Thursday, Aug. 8, at about 10:52 p.m., the Communications Division received a 911 call from a person reporting that he was just robbed at gunpoint and his car was stolen. Several QPD units were dispatched to the area. Officer C. Murray responded to Edwards Street where the crime occurred and the victim was located.

A short time later Detective B. Coen located the victim's stolen vehicle unoccupied with the ignition running and the driver's door open blocking the entrance to an apartment building on Main Street. Officers K. Habib, S. Thomas, A. Minton and A. McBrien continued searching the area for suspects. Officer Habib briefly detained two males on Baxter Street who fit the description. A show up identification was conducted by the victim and it was determined that the two males were not the suspects.

Minutes later Officer R. Donnelly and G. Mar noticed an

A Job Well Done

By **OFFICER GREGG HARTNETT**
Public Information Officer
Quincy Police Department

Uber traveling at a high rate of speed on Scammell Street that turned onto Quincy Avenue disobeying the posted "No Turn on Red" sign. Officers Donnelly and Mar later conducted a motor vehicle stop of this vehicle on Furnace Brook Parkway near Copeland Street.

There were two passengers in the back seat. One of the passengers matched the description provided by the victim. The passengers were removed from the vehicle. A pat frisk for weapons was conducted by Officer Donnelly and he

found a firearm on the waistband of one of the two males. Officer Habib took possession of the firearm and made it safe. Both males were placed into custody.

Evidence was collected by Detective Coen and Detective Connolly. Both suspects were transported back to police headquarters for booking. One suspect was charged with car jacking while armed, armed robbery while masked, possession of Class D with intent to distribute and conspiracy. The second suspect was charged with car jacking while armed, armed robbery while masked, carrying a loaded firearm without a license, illegal possession of ammunition and conspiracy. Both suspects were arraigned at the Quincy District Court House.

This incident illustrates great teamwork by multiple department units and an illegal firearm was removed from our streets. Job Well Done!

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, AUG. 9

DISORDER (female yelling), 12:46 p.m., Baxter Street. Female yelling outside of a house. Officers checked the area unable to locate.

DISORDER (over dogs), 12:56 p.m., Quincy Dog Park, 99 Quarry St. Peace restored.

DISORDER (male), 12:58 p.m., Kentucky Fried Chicken/Taco Bell, 707 Hancock St. Male screaming and yelling inside the store. Peace restored. All involved sent on the way.

SHOPLIFT (just happened), 1:48 p.m., Target, 289 Hancock St. Suspect fled. He was located and issued a trespass notice. Report to be filed.

DISORDER (road rage), 2:45 p.m., 715 Hancock St. Reported road rage incident. All involved left the area. Officers unable to locate.

LARCENY (missing packages), 5:12 p.m., 60 Trafford St. Report to be filed.

SHOPLIFT (male and female), 5:50 p.m., Walmart, 301 Falls Blvd. One under arrest for shoplifting and conspiracy. One being summonsed for same charge, but transported to a local hospital.

SHOPLIFT (party fled), 6:43 p.m., Target, 289 Hancock St. Case number provided for simultaneous shoplifters. Trespass notice issued.

SHOPLIFT (in process), 8 p.m., Walmart, 301 Falls Blvd. Three suspects trespassed. Items were returned to the store.

DISORDER (female), 9:23 p.m., 1092 Southern Artery. AAA dispatcher called to say female refusing to get out of tow truck. Peace restored, tow driver on their way.

DISORDER (three males), 11:31 p.m., Port 305, 305 Victory Rd. Peace was restored and all involved were sent on their way.

SATURDAY, AUG. 10

DISORDER (fight), 12:23 a.m., Waterclub, 319 Victory Rd. Area cruiser and detail officer reporting a fight. Parties were separated. Officers standing by with the crowd.

LARCENY (deck chair), 9:51 a.m., 91 Clay St. Report to be filed.

LARCENY (in the past), 10:50 a.m., 80 block of Myrtle Street. Report to be filed.

LARCENY (past incident), 11:45 a.m., low numbers of Des Moines Road. Report to be filed.

DISORDER, 2:19 p.m., Baja Box, 793 Quincy Shore Dr. Peace restored.

VANDALISM/PROPERTY (vehicle), 6:40 p.m., Bicknell Street. Case number provided.

SHOPLIFT (in parking lot), 8:31 p.m., Walmart, 301 Falls Blvd. One female arrested for shoplifting and the second female summonsed for shoplifting. Both issued trespass notices by Loss Prevention. Report filed.

DISORDER (in progress), 10:22 p.m., 42 Beale St. Male in the dumpster arguing with the staff. Peace restored. Male was advised and sent on the way.

SUNDAY, AUG. 11

DISORDER (in parking lot), 1:59 a.m., Cathay Pacific, 111 Hancock St. Peace restored.

BREAKING AND ENTERING/MOTOR VEHICLE (18-wheeler truck), 9:30 a.m., Home Depot, 465 Centre St. Tractor trailer broken into and items stolen overnight. Report to be filed.

LARCENY (bicycle), 10:25 a.m., 120 block of Whitwell Street. Stolen from the porch overnight. Report to be filed.

VANDALISM/PROPERTY (car was keyed), 12:21 p.m., 80 block of Montclair Avenue. Report to be filed.

DISORDER (manager and customer), 3:40 p.m., Fours Boston, 15 Cottage Ave. Peace restored. Customer issued a trespass notice by the manager.

SHOPLIFT (male left in vehicle), 4:14 p.m., Target, 289 Hancock St. Report to be filed.

DISORDER (possible knife), 4:59 p.m., Walgreen Pharmacy, 418 Quincy Ave. No one involved was in possession of a knife. Report to be filed.

DISORDER (kids vs. homeless group), 6:58 p.m., MBTA Station/Parking North Quincy, 267 Hancock St. Groups parted ways prior to officers' arrival. Transit Police also responded.

VANDALISM/PROPERTY (slashed tires), 7:51 p.m., 1037 Southern Artery. Report to be filed.

MONDAY, AUG. 12

LARCENY (phone), 4:50 a.m., CVS Pharmacy, 626 Southern Artery. Report filed.

LARCENY (missing trash barrel), 4:20 p.m., Brighton Street. Caller provided a case number. Advised of the

online reporting process.

LARCENY (missing package), 4:28 p.m., Kendrigan Place, 10 Winter St. Advised of the online process. Incident closed.

LARCENY/MOTOR VEHICLE/PARTS (stolen alternator), 5:22 p.m., 10 Winter St. Report to be filed.

LARCENY (bag), 10:06 p.m., Planet Fitness, 50 Adams St. Case number provided.

TUESDAY, AUG. 13

SHOPLIFT (in progress), 5:09 a.m., Seven Eleven Store, 495 Hancock St. Merchandise returned, suspect issued a trespass notice and sent on the way.

LARCENY (bag), 9:15 a.m., Walmart, 301 Falls Blvd. Report to be filed.

SHOPLIFT (three females), 3:10 p.m., Walmart, 301 Falls Blvd. Stole a bag of Doritos - no charges. Sent on way.

LARCENY (debit/bank card), 4:54 p.m., Walgreen Pharmacy, 132 Granite St. Report to be filed.

LARCENY (past by employee), 5:19 p.m., Home Depot, 465 Centre St. Criminal complaints to be filed.

DISORDER, 6:11 p.m., Father Bill's Place, 39 Broad St. All advised, verbal argument. Peace restored.

WEDNESDAY, AUG. 14

LARCENY (package/phone), 10:16 a.m., 260 Manet Ave. Report to be filed.

DISORDER (past), 11:41 a.m., Hancock-Adams Common, 1301 Hancock St. Peace restored.

DISORDER (yelling), 11:48 a.m., 1025 Hancock St. Peace restored.

LARCENY (bike), 12:09 p.m., McDonald's, 473 Southern Artery. Report to be filed.

LARCENY (pocketbook/items), 5:05 p.m., 495 Southern Artery. Cash, credit cards and medication. Report to be filed.

SHOPLIFT (just fled), 5:18 p.m., Target, 289 Hancock St. Report to be filed.

THURSDAY, AUG. 15

BREAKING AND ENTERING/MOTOR VEHICLE (past), 6:38 a.m., 215 Quincy Ave. Report to be filed.

DISORDER (two males/customer/employee), 9:55 a.m., Parkway Mobil, 1269 Furnace Brook Parkway. Peace restored.

LARCENY (backpack), 11:16 a.m., 285 Hancock St. Report filed.

Quincy Recreation Holds Annual Arts, Crafts Display

13 Playground Projects, Over 500 Ballots Cast

The Quincy Recreation Department's Annual Arts and Crafts Display at City Hall Plaza attracted a large turnout once again this year. Playground participants, recreation leaders, and members of the public came out to view the 13 projects and show their support. In total, there were over 500 ballots cast for this year's competition.

After the two-day ex-

hibit, the votes were tallied. Labreque's "Dinosaur" emerged as the first-place winner. The project was the end result of a great amount of time and effort.

Following in second place was the "Magic School Bus" constructed by Kincaide Playground. Montclair Playground's display of the "Fenway - Green Monster" finished up in a close third place.

Recreation Director Chris Rooney said the children, recreation leaders, and the Arts and Crafts Specialists deserve extra recognition for the hard work involved in producing such great projects. Arts and Crafts Specialists Abby Newton, Jacob Lustig and Erin O'Callaghan organized the exhibit and voting.

The Recreation leaders at the winning playgrounds

were a huge help. The leaders from Labreque are Lilly Hanly, Cameron Mann, Caroline Tracey and Eileen Durgin. Participants Ryan O'Hare, Scarlett Nahas, Quinn Nahas, Joe Sommers, Sean Munchbach and Elliott McAllister helped bring the winning idea to life.

The creation of the "Magic School Bus" was truly a team effort and was created by participants Ryleigh Dickinson, Hannah Day and Sofia Day working together under the direction of leaders Amanda DePaula, Amira Aitsaid, Nick Pereira, Ellie Finn and Billy Ken-

nedy to create the second-place winner from Kincaide playground.

Montclair playground finished with a respectable third-place award. Their project "Fenway - Green Monster" was created by recreation leaders Col-

Cont'd On Page 16



"MAGIC SCHOOL BUS" constructed by Kincaide Playground was the second-place winner in the Quincy Recreation Arts and Crafts Display at City Hall Plaza.

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THIRD PLACE went to Montclair Playground's display of "Fenway - Green Monster."

Photos Courtesy Quincy Recreation Department

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*APY = Annual Percentage Yield. Minimum balance to open and earn APY is \$500. Maximum deposit \$250,000. The APY for all Certificates assumes the dividends will remain in the account until maturity. Withdrawal of dividends prior to maturity will reduce earnings. Certificates are subject to penalty for early withdrawal. Fees may reduce earnings. Rate is effective 8/15/24. This is a limited time offer and is subject to change without notice. Other rates and terms available. Subject to membership eligibility. See our website for details.

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Planting A Garden In The Shade

By MELINDA MYERS

It is possible to brighten up those shady spots in your landscape. It is all about proper plant selection, planting, and care.

Start by evaluating the sun and shade patterns in your gardens. Monitor the amount of sunlight different areas receive throughout the day and at various times of the year. You may be surprised the space gets more sunlight than you thought.

Make a list of plants you have successfully grown and those that failed in the shady location you are landscaping. Use this information to help you select other plants with similar light requirements.

As always, select plants that thrive in your climate and tolerate the amount of sunlight, moisture, and soil in the proposed garden location. Look for plants that provide attractive foliage all season long and flowers at various times.

When planting under or near trees be careful not to kill the tree when creating your shade garden. Plant a foot or more away from the tree trunk and don't cut or remove surface roots that create entryways for insects and diseases. Dig as small as possible planting holes

to avoid disturbing the roots and for easy planting. Avoid adding soil over the tree roots and against the trunk as this can lead to tree decline and even death. Skip deep cultivation that damages the roots, the majority of which grow within the top 18 inches of soil with 50% of them in the top six inches.

Add seasonal color and vertical interest with shade-tolerant annuals like impatiens, begonias, and coleus. Avoid damaging the tree roots by planting these in containers and setting the pots on the soil surface amongst perennial shade-tolerant groundcovers or on mulched beds under the trees.

Once you've planted your garden, adjust the care to compensate for the limited light conditions. Plants growing under large trees or overhangs must be watered more often, especially during the first year or two until the plants become established. The dense canopy of many trees and impervious overhangs prevent rainfall from reaching the ground below. Plus, the extensive root systems of trees and shrubs absorb much of the rainfall that does make it through, so check soil moisture several times a week

and water thoroughly as needed.

Spread a layer of organic mulch over the soil surface and away from the tree trunk and crowns of the plants. Organic mulches help conserve moisture, suppress weeds, and improve the soil as they decompose.

Tree and shrub roots also compete with plantings for nutrients. Use a low-nitrogen, slow-release fertilizer that promotes balanced above- and below-ground growth. Apply it at planting and early each spring as needed.

Avoid high nitrogen, quick-release fertilizer that promotes lush succulent growth that is more susceptible to insects and diseases. Plus, limited light is a potential plant stressor that can further increase the risk of problems.

Sometimes there is just



PLACING SHADE-TOLERANT container gardens below tree canopies beautifies shady spots without damaging the tree roots. Photo courtesy of MelindaMyers.com

too much shade to grow even shade-loving plants. Consider mulching the area to suppress weeds, support the tree's health and protect the soil. Then relax and enjoy the shade on hot sunny days.

Melinda Myers has written over 20 gardening books, including *Midwest Gardener's Handbook*, Revised Edition and *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" instant

video and DVD series and the nationally syndicated *Melinda's Garden Moment* radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Myers' website is www.MelindaMyers.com.

Quincy Recreation Arts, Crafts Display

Cont'd From Page 15

leen Moran, Justin Mbrace, Anna Crump, and Liam Lee with the assistance of participants Gage Eddy, Peyton Eddy, Hannah Hill, and Harlow Hill.

The participants from

all 13 playground locations worked hard in order to receive prizes generously donated by local business establishments.

Recreation Director Chris Rooney said: "Many thanks to the kind generosity of Rosie's Pizzeria, Balduc-

ci's House of Pizza, Nick's Pizza & More, Schoolhouse Pizza, Romanza Pizzeria & More, Time Out Pizza & Grill, Quincy Hungry Tummy, Ginger Betty's, Frozen Freddie's, and Fratelli's Pastry Shop for donat-

ing prizes for our winners. Their generosity helps ensure that the hard work of these youngsters does not go unrewarded. Their sponsorship helped to make this year's event tremendously successful."



ABSENTEE VOTING MASSACHUSETTS STATE PRIMARY

TUESDAY, SEPT. 3, 2024

**Absentee ballots
are available for the
2024 State Primary.**

**Quincy voters may vote
in person at City Hall
Monday through Friday
from 8:30 a.m. to 4:30 p.m.**

until

FRIDAY, AUGUST 30, 2024 at 5:00 PM.



EARLY VOTING

For The September 3, 2024

STATE PRIMARY



You can early vote at

**QUINCY CITY HALL
on**

Saturday, August 24, 2024

- Friday, August 30, 2024

8:30 a.m. - 4:30 p.m.

**QUINCY CITY HALL
1305 Hancock Street**

**Voting Is Now More Convenient than ever
and on YOUR Schedule**



Questions? Please Call Us!

617-376-1144 or Email ncrispo@quincyma.gov



Five Town-House Units Proposed On Sumner Street

Cont'd From Page 1

torney, Patrick Foley, said the proposal would fit in well with the neighborhood.

"Anybody who is familiar with Sumner Street knows this street is mostly multi-family homes as well as some residential developments that are a lot more denser than what we are proposing to do here tonight," Foley said.

Two of the buildings would contain two units each, while the third building would have a single unit. A total of 13 parking spaces would be provided on site — each unit would have a two-car garage on the ground floor and there would be three additional parking spaces outside the buildings. Foley said there is presently room for only three or four cars on site.

"I feel like what we're proposing to do here tonight will actually improve the parking situation that's on the site right now," he said. "We'll actually be adding about 10 parking spots to this lot, which is very important because, when you look at Sumner Street, obviously you can't park on the street, so most of the people now if they're visiting... they're parking on the side street."

The five residential units, which the developer plans to sell as condominiums, would all be the same size, containing about 1,500 square feet of living space each. The ground floor of each would include two parking spaces, a foyer and office or multi-purpose room. The main living space would be on the second floor, including a half bathroom and a master bedroom with its own bathroom. Another two bedrooms and a full bathroom would be on the top floor of each unit.

Access to the buildings would be provided by a 20-foot wide driveway that would run from the front of the lot to the rear. Eric Bradanese, the applicant's civil engineer, said the developer plans to install a porous asphalt driveway to help with drainage.

"The site grade is relatively flat, so in order to maintain the site grades for access we're going to keep pretty similar grading throughout the site and this porous asphalt will allow for stormwater to drain directly into the asphalt," he said.

Board member John Kelly questioned if the garages would provide enough space to accommodate a



DEVELOPER has proposed constructing three new buildings, containing a total of five townhouse-style units, at 97 Sumner St. in Quincy Point. The Planning Board will hold a continued public hearing on the proposal on Oct. 16.

Rendering Courtesy Donahue Architects

pick-up truck or a vehicle of a similar size. Brian Donahue, the applicant's architect, said the footprint of the garage would limit the type of vehicle that could be parked inside. Donahue said someone with a larger truck would likely decide to live somewhere else, or downsize their vehicle.

The board's chairperson, Kimberly Bielan, said she liked several aspects of the proposal including the porous driveway, color-coded buildings and charging stations for electric vehicles inside the garages. Bielan did suggest the plan be altered so that delivery drivers using the driveway would be able to turn around if the

parking spaces were occupied.

"I would hate to lose green space, but I think some sort of turnaround that's not a parking space — you just think about Amazon drivers and everyone else accessing the site, from my perspective I think you need to have some sort of turnaround other than just you're going to make a U-turn in this driveway," she said.

Board member Alie Shaughnessy said he liked the look of the buildings. Shaughnessy asked how long it would take to construct the project and if there was a plan in place for vehicles to access the site dur-

ing construction. Foley said the buildout would take 12 months. Helen Shiner, who spoke on behalf of the applicant, said the project would be constructed from the rear of the site forward, allowing vehicles to use the driveway. The buildings will be constructed slab-on-grade, she added, limiting the amount of heavy construction vehicles needed.

Ward 2 Councillor Richard Ash said he hosted a community meeting in June with eight to ten people in attendance. Those in attendance were primarily concerned about drainage and rodent control, he said, but they were generally in favor of the development.

"Notwithstanding all of those little specifics, the general consensus at the community meeting was that this particular project looks nice, it will enhance the street. I think that, although skeptical about some of the minor issues and the construction in general, the residents seemingly were cautiously optimistic about the outcome," Ash said, adding he was "confident we can work on the minutiae and the smaller issues from here on out."

One other person, Christina Ranieri, whose family owns the abutting property at 7 Harrington Ave., spoke during the public hearing.

Cont'd On Page 32



MASSACHUSETTS STATE PRIMARY

Tuesday, Sept. 3, 2024

Last Day To Register To Vote
Saturday, August 24, 2024

Voter Registration
Can Be Done at City Hall
1305 Hancock St.
8:30 AM - 5:00 PM or
at www.sec.state.ma.us/OVR

Board of Registrars
Nicole Crispo, City Clerk
Bonnie C. Marcel
John Carl Swanson
John P. Dumas



VOTE BY MAIL IN THE SEPT. 3, 2024 MASSACHUSETTS STATE PRIMARY

You may apply for
a ballot by mail online
at
www.MailMyBallotMA.com

Applications may also
be requested by calling
the Quincy Election Office
at 617-376-1144.

TO RECEIVE A BALLOT BY MAIL
FOR THE 2024 STATE PRIMARY,
APPLICATIONS MUST BE RECEIVED
BY THE ELECTION DEPARTMENT BY
5:00PM ON MONDAY, AUG. 26, 2024.

Adult Summer Reading Party On Crane Library Lawn Aug. 28

Thomas Crane Public Library will host an End of Adult Summer Reading Party on Wednesday, Aug. 28 from 6 - 7:30 p.m. on the Olmsted Lawn at 40 Washington St., Quincy Center.

This event is for all adults who participated in Adult Summer Reading. It will celebrate another successful summer reading challenge for adults.

Summer Reading 2024 runs from July 1 to Aug. 23. This year's theme is "Read, Renew, Repeat." Conservation as a movement focuses on protecting species from extinction, maintaining and restoring habitats, enhancing ecosystem services, and protecting biological diversity.

Adult Summer Reading is available for anyone 18+, whether you are rediscovering your love of reading or a dedicated bookworm. Participating is easy!

Sign up on Beanstack. Here you can track your reading along with other activities and programs you complete this summer.

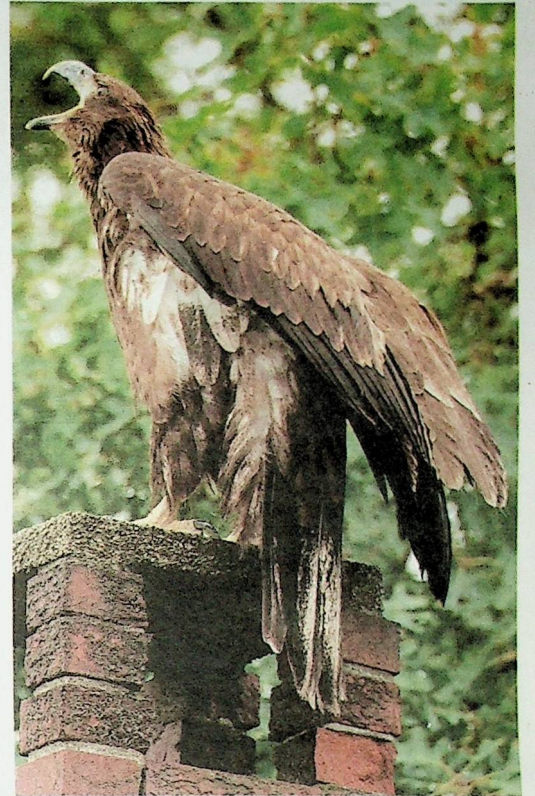
You can pick up a bingo card at any of our branches or download the pdf online from bit.ly/AdultSummerRead2024.

You can collect raffle tickets for each book you read, program you attend, and activity you complete. Raffle winners will be drawn at the End of Adult Summer Reading Party.

The reading party will feature snacks, fun lawn games, a raffle drawing for prizes, and opportunities to mingle with other readers. Feel free to bring a book to enjoy while relaxing on the lawn too! Come share your favorite summer reads and memories, enjoy lawn games, and celebrate the end of summer reading!

This event is for all adults that participated in Adult Summer Reading.

Registration is encouraged. Visit ishortn.ink/EndAdultSummer2024.



A JUVENILE BALD EAGLE made his presence known in Houghs Neck recently. Here it screams a warning to the attacking osprey parents, as they protect their chick that was close by. This image was captured by local wildlife photographer Karen Walker Aug. 16. The eagle was spotted atop a house on Rock Island Road. Photo Courtesy Karen Walker

Physical Therapist Assistant Program Expanding To Quincy Campus

Beginning in January 2025, Quincy College's popular Physical Therapist Assistant (PTA) program will expand to its Quincy campus, a long-anticipated move that will feature a hybrid teaching model – the first of its kind for a PTA program in New England.

Currently, the college's PTA program is only offered in person to full-time students on its Plymouth campus. Next year, with the expansion to Quincy, students will have an alternative: a hybrid program that will combine on-line lectures and in-person evening labs

designed to better accommodate those who work or have other obligations that make full-time, in-person class attendance difficult. The program curriculum, accredited by the national Commission on Accreditation in Physical Therapy Education (CAPTE), will be the same in both locations, assuring that students receive identical high-quality instruction, personalized attention and academic support needed to earn their Associate's degree and pass the PTA licensing examination.

"Expanding our PTA program to Quincy – and

doing so with a unique teaching model – is another example of how we're responding to both the wishes of our students and the needs of regional healthcare employers," said Quincy College President Dr. Richard DeCristofaro. "The flexibility that comes with hybrid learning will create more access to the program for a wider population of students, thus growing the pipeline of PTA graduates ready to enter the workforce and fill critical patient-care roles."

"This is an exciting op-

portunity for anyone considering a career as a Physical Therapist Assistant," said Dr. Christie Amoroso, the program's director. "Our faculty is eager to welcome our first cohort of Quincy students in January and begin preparing them to become confident, knowledgeable and compassionate clinicians."

PTA program enrollment is now underway and on-line information sessions are scheduled for August 21 and August 28. Visit www.quincycollege.edu for more information.

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Norfolk County Treasurer Michael Bellotti and Quincy Mayor Tom Koch



Please Vote on September 3rd

Paid for by the Timilty Committee.

Early Voting For State Primary Starts Saturday

Cont'd From Page 13

race are Robert Antonellis of Medford, Quincy City Councillor Ian Cain, and John Deaton of Swansea.

On the Democratic ballot, incumbent US Senator Elizabeth Warren of Cambridge is unopposed in the primary.

The Republican primary also features a three-person race for the House seat representing the eighth district, which includes all of Quincy. The candidates in that contest are Robert Burke of Dedham, James Govatsos of Walpole, and Daniel Kelly of Boston.

On the Democratic side, incumbent US Rep. Stephen Lynch of Boston is unop-

posed in the primary.

The Democratic ballot in Quincy includes contested races for Governor's Council, Norfolk County clerk of courts, and Norfolk County register of deeds. No Republicans are on the ballots for those three seats.

In the race to represent the fourth district on the Governor's Council, incumbent Christopher Ianello Jr. of Boston is facing challenges from Stacey Borden of Boston and Ronald Iacobucci of Quincy.

In the clerk of courts contest, Robert Jubinville and Walter Timilty, both of Milton, are vying for an open seat. Timilty's father, Walter Jr., is the current

clerk of courts.

In the register of deeds race, incumbent William O'Donnell of Norwood is facing a challenge from Quincy City Councillor Noel DiBona.

The four members of Quincy's delegation on Beacon Hill, all Democrats, are seeking reelection this fall. They are Sen. John Keenan of the Norfolk-Plymouth District, Rep. Bruce Ayers of the First Norfolk District, Rep. Tackey Chan of the Second Norfolk District, and Rep. Ronald Mariano of the Third Norfolk District. Each is unopposed in the primary.

On the Republican side, Sharon Cintolo of Quincy

is running unopposed in the primary in the Second Norfolk District. No Republicans are running for the other three seats.

Also unopposed in the Democratic primary are incumbent county commissioners Joseph Shea of Quincy and Richard Staiti of Canton. There are no Republicans running for those seats in the primary.

The winners of the Sept. 3 primary will advance to the November general election, which is headlined by the race for president.

Turnout in the November general election is likely to surpass 70 percent, Crispo said. In the last presidential

election in 2020, the turnout in Quincy was 71.88 percent. Joe Biden, the Democratic nominee, polled 30,615 votes in Quincy four years ago while Donald Trump, the Republican incumbent, polled 14,283.

Biden, who was elected in 2020, withdrew from this year's race in July. Vice President Kamala Harris will formally accept her party's nomination this week. Harris has chosen Minnesota Gov. Tim Walz as her running mate.

Trump secured the Republican nomination after besting Nikki Haley in the Republican primaries earlier this year. Trump selected JD

Vance, an Ohio senator, to be his running mate in this year's election.

Two weeks of in-person early voting will take place ahead of the Nov. 5 general election, starting on Saturday, Oct. 19, and running through Friday, Nov. 1, from 8:30 p.m. to 4:30 p.m. each day. Crispo noted the first weekend of early voting will take place inside Central Middle School at 875 Hancock St. this October rather than North Quincy High School because the latter will be building unavailable that weekend. Early voting will take place at City Hall on the remaining days.

Lafayette 200th Anniversary Celebration At Adams National Historical Park

The National Park Service at Adams National Historical Park invites the public a full day of special programming to mark 200 years since the Marquis de Lafayette visited John Adams at Peace field.

The celebration will be held Sunday, Aug. 25. Enjoy the opportunity to meet actors portraying John Adams and Lafayette and learn more about their extraordinary lives and long friendship.

Focus tours of the Old House at Peace field will be held at 10 a.m., 12 noon, and 2 p.m. Get caught up in the hustle and bustle of the Adams household's preparations for Lafayette's visit. Visitors may even catch a glimpse of John Adams as he awaits the arrival of his old friend!

Capacity is limited on these tours, and reservations and entrance passes are required. Entrance passes and tour reservations can be acquired in advance online at

recreation.gov or on a first-come, first-served basis on the day of the event at the Adams National Historical Park Visitor Center, located at 1250 Hancock St., Quincy.

Ranger talks about Lafayette, his popularity, and the excitement surrounding his 1824-1825 Farewell Tour will take place at 10:45 a.m., 12:45 p.m., and 2:45 p.m. outside of the Carriage House at Peace field. Re-count the triumphant return of Lafayette to the United States and learn about the significance of his year-long journey through the young republic 200 years ago.

The talks are free to the public and do not require reservations.

Ranger talks focused on Lafayette's crucial role in the Continental Army during the American Revolutionary War will be held outdoors at the Adams Farm at Penn's Hill (the John Adams and John Quincy Adams Birthplaces) at 11

a.m. and 1 p.m. Learn how Lafayette's military actions and commitment to the ideals of liberty and freedom cemented his legacy in the United States.

The talks do not require reservations and are free to attend.

A special reunion between John Adams and the Marquis de Lafayette—200 years in the making—will take place at 3:30 p.m. outside of the Carriage House at Peace field. Listen in as Adams, portrayed by Peyton Dixon, and Lafayette, portrayed by Mark Schneider, catch up and discuss their lives and friendship. They will reflect on the American Revolution and the founding of the United States that had taken place 50 years prior to Lafayette's visit.

The program is free to the public and does not require reservations.

A Lafayette exhibit will be on display at the Carriage House at Peace field from 10 a.m. to 4 p.m. Wednesday, Aug. 21, through Sunday, Aug. 25. The Life and Legacy of The Marquis de Lafayette exhibit tells the important stories of Lafayette's life and legacy including his American Revolution participation, his critical role in cementing the Franco-American Alliance, and his lifelong passion for human rights. Viewing the exhibit does not require reservations and is free to the public.

Public restrooms are not available at the Adams Farm at Penn's Hill but will be available during the event at the Carriage House at Peace field at 135 Adams St., Quincy, and the Adams National Historical Park Visitor Center at 1250 Hancock St., Quincy.

Free, validated parking is available at the Visitor Center through the Presidents Place parking garage at 44 Saville Ave., Quincy. Limited street parking is available at the Adams Farm at Penn's Hill (141 Franklin

St.) and the Old House at Peace field (135 Adams St.).

The park provides a free trolley to transport visitors on a loop between the Visitor Center, the Adams Farm at Penn's Hill, and the Old House at Peace field. Visitors using the trolley should leave ample time to travel between park sites as the trolley schedule may not precisely coordinate with special programming. Programs may be modified or cancelled in the event of extreme weather conditions.

Lafayette's appearance at this program and the traveling exhibit are presented by the American Friends of Lafayette (AFL), an historical and patriotic non-lineage-based society dedicated to the memory of Major General Gilbert Motier, Marquis de Lafayette and to the study of his life and times in both America and France. The AFL's present efforts are devoted to recreating and celebrating the Bicentennial of Lafayette's Farewell Tour which will begin with great fanfare in New York City on August 16, 2024, and end in Washington, D.C. in September 2025. Visit www.lafayette200.org for more information.

The Adams National Historical Park Visitor Center and historic Adams homes are open Wednesdays through Sundays, May 1 through Oct. 31. Guided and self-guided tours are available. Access to the interior of the historic homes requires an entrance pass. Entrance passes and tour reservations can be acquired in advance online at recreation.gov or on a first-come, first-served basis daily at the Visitor Center. Park grounds are open daily dawn to dusk and are free to visit.

For information regarding tours and programming, call the Visitor Center at 617-770-1175 or visit the park website: NPS.gov/Adam.

Sheriff's Office, Correctional Center Receives Accreditation By ACA

Sheriff Patrick W. McDermott announces the Norfolk County Sheriff's Office has again received accreditation by the American Correctional Association for its ongoing efforts to effectively serve the public safety needs of Norfolk County, while prioritizing professionalism, and accountability in the daily operation of its Correctional Center.

An audit by the three members of the ACA, conducted June 5-7, 2024, found the Norfolk County Sheriff's Office and its Correctional Center in 100 percent compliance with nearly 60 mandatory and 300 non-mandatory standards used by the association to evaluate the agency's day-to-day performance. A similar audit in 2021 resulted in the same perfect findings, marking two consecutive successful ACA reviews of the facility and its highly trained and dedicated staff.

"This recognition by the ACA is significant. Auditors dig into all aspects of the custody and care of individuals in our correctional center," said Sheriff McDermott. "I am so proud of the NCSO team and I commend everyone whose commitment is reflected in this accreditation, from our corrections officers, to our medical staff, case workers, program administrators, our facilities team, and so many other professionals."

Areas of the auditors' focus included security, medical care, environmental conditions, social services, staffing, mental health services, fire safety, work and academic pro-



NORFOLK COUNTY Sheriff Patrick W. McDermott (fifth from right) receives ACA accreditation in Nashville, TN Aug. 16. Photo Courtesy NCSO

grams, sanitation, food services, and recreation.

Auditors interviewed and spoke with 48 justice involved individuals and 60 staff members during their three day review, from all areas of the facility.

"All comments from the offender population were of a very positive nature. Offenders felt that they were treated respectfully and professionally by facility staff," according

to the auditors' report. "The audit team members felt that all staff at the NCSO were very professional in the conduct of their duties."

The Correctional Center is located at 200 West St., Dedham in the middle of two sides of Route 128 and consists of the main facility, for pre-trial and sentenced offenders, and the Dedham Alternative Center.

READERS FORUM

Act Cooperatively And Follow The Moral Compass That Guides Us

(A copy of the following letter sent to Mayor Koch was submitted to The Quincy Sun for publication.)

Dear Mayor Koch,

By now, it must be clear to all of us that there is a migrant crisis in Quincy and amidst the chaos and mis-handling of the situation on the state level, one church took a very positive and constructive action. We find the ejection of homeless, helpless migrants from the most minimal of shelters, the seven tents in the garden of Hope Lutheran Church, an appalling and inhumane act. For a brief time, the immediate problem was being addressed, and this solution was helpful to everyone, including the government officials who are not ready with a quick fix.

How is it helpful to

have people back on the streets, or sheltering at the T-Station? Things are bad enough there. I was at the community hearing you held jointly with QPD, after the abduction of a woman in that same area less than two years ago.

Who amongst us would prefer to change places with these suffering, struggling people? Mayor Koch, and fellow citizens, let's follow the example of those who are reaching out with compassion to provide aid. Please do NOT continue to foster a polarized community.

I have heard your recent podcast, of August 1, and found your comments extremely negative and provocative, referring to DEI programs in such derogatory terms. How does that

help the situation? How do you expect to create a sense of trust between you and the diverse community that you serve and employ?

You hired Damion Outar, as Community Liaison, who has connected with the faith communities of Quincy. Why not deploy and empower him to advise you on the situation and to connect with state officials?

As a region, state and community, we must come to terms with this global crisis. The solutions are clear in coming and the problems complex, but we must act cooperatively and follow the moral compass that guides us.

In Solidarity;
Coordinators, Stand-
OutQuincy4BlackLives
Mimi Balsamo &
Claire Fitzmaurice

Councillors Need To Up Their Game

City councillors voted to give themselves a raise on the heels of awarding our greedy mayor a raise that will bring his salary to the second highest of all major metropolitan cities in the United States.

Let's look at the councillors-do they deserve the raise they gave themselves? To date they continually rubber stamp proposal after proposal from the Koch Administration without seeking any input from their constituents. It has paid off for them!

Councillors- call a Ward meeting to discuss issues presented to the Council and listen to the feedback. Hold office hours. Answer emails. Send out newsletters. You were not elected because you have infinite wisdom. You were elected to represent your constituents and to vote consistent with their wishes- not your own. In other words, do your job!

These are basic requirements of your job for which you receive a salary, a monthly cell phone allowance of \$50 per month, health insurance, participation in the Quincy Retirement System, use of office secretaries, and \$5,000 for mailings, copies and postage. Presumably the phone allowance, in part, is meant to phone constituents and return their calls. Please explain how you spent \$5,000 in mailings and postage over

the past year that has absolutely nothing to do with campaigning.

Who held a Ward meeting or any meeting to discuss with constituents how they felt about the greedy mayor's raise? None of you! Had you done so, you would have learned that there is overwhelming disapproval. In the short period of 20 days after the vote on the raises, a third of the voters who voted in the last election signed a petition opposing the greedy mayor's raise. Did you cast your vote based upon your constituents' wishes or your own? We know the answer to that question. You voted to give the greedy mayor his requested outrageous raise so that you would get a raise yourselves.

Earn your raise, councillors. Read every document associated with every proposal. If you do not understand it, move to take it up at another time. There is no shame in asking for expert assistance in decoding complex documents. You are getting paid to read and to understand what you read so you can explain it to your constituents before you vote. You did not get a raise so you can buy a bigger, bolder rubber stamp!

No doubt you will be voting on our greedy mayor's 99-year give away of prime real estate in Quincy to Quarry Hills. You will no

doubt be asked to endorse our greedy mayor's plan to tear down the building that he and Quincy College purchased with pandemic relief funds to build a 15-story building for Quincy College with his offices on the top floors. These both ran into well-deserved significant opposition when introduced to other Councils. The greedy mayor is delighted that he now has a Council that will give him everything he wants. Show us that this is not the case. Don't use your rubber stamp! Councillors, up your game and represent us.

Jocelyn Sedney
Quincy

READERS FORUM

Every Endeavor Pursued Has Been To Benefit All

To the Editor of the Quincy Sun:

I recently watched Mayor Koch's 8/1/24 podcast-City View-Quincy, MA with Mark Carey. I think the mayor is upset—he noted that Quincy taxpayers "squawk", certain taxpayer actions were "crazy", and diversity is "baloney."

Some examples:

Mark Carey noted "Ruth Gordon Amphitheater people, they're doing their thing really well." Koch responded "Well, they're not doing their thing. We're funding their thing. Keep that in mind." Hmmm—I think the Quincy taxpayers are paying for "their thing."

And interesting timing, Quincy taxpayer funding for the Ruth Gordon Amphitheater (RGA) is being reduced. The events at Kilroy Square and the Hancock-Adams Square are managed by a well-paid contractor, while events at the RGA are put together by a few devoted volunteers. The RGA events are driven by Quincy citizens—other city events are driven by the administration and paid for by Quincy taxpayers. We taxpayers are paying for full page ads for events at the Hancock-Adams events, but RGA events are not included in those ads. So— "Keep that in mind."

Some might know about the neighbors of Forbes Hill Park objecting to half the park becoming a parking lot for the adjacent Furnace Brook Golf course. The mayor said "One of the sur-

prising ones to me that it was controversial was the Furnace Brook Golf Club." "I mean, it's kind of got crazy." "They made some adjustments, made some changes, but there was still some squawking."

There were 3 meetings about the park not the golf course. Was the Mayor at any of them? I didn't hear "squawking"—did the mayor hear "squawking" long distance? Why is it "crazy" to advocate for a park for the neighborhood to enjoy? We would have to pay fees to use the golf course, in addition to what our property taxes pay for.

The discussion turned to Billings Road—apparently the city decided to eliminate the bike lane. A bike lane is valuable for kids and adults, particularly the Chinese community, who use bicycles as an important form of transportation. The mayor's take- "And some people aren't happy, the dedicated bike lane goes away, it goes back to a shared lane, which happens on many roads in the city."

So perhaps it was a natural progression for the mayor to say "Everyone's talking about DEI and all that baloney we've been listening to for the last years." "So I kind of resent some of that whole DEI stuff that goes on." DEI is Diversity, Equity and Inclusion. Okay--we got it but then --85 to 90 percent of journalists, 85 to 90 percent of educators consider themselves liberal. So where is the diversity of

thought."

I am not sure where the 85% to 90% comes from. I have seen numbers more on the order of 30%. The mayor goes on "And it's been very frustrating as a public servant to be dealing with some issues because it's like the argument, when did you start beating your wife?" Huh?

Every endeavor that we Quincy residents have pursued-has been to benefit all. We don't get paid for that effort. We do it because we love Quincy, because we want leadership that is transparent, ethical, and democratic. Instead of insults, the mayor should be thanking us for seeking to enrich Quincy's open spaces, its art, its culture, its history and its diversity.

Mayor Koch just got a 79% raise, which we Quincy taxpayers will be paying for a long time. Over 6,000 Quincy taxpayers objected. Who is the mayor representing? Who agreed to the raise (other than the City Council who got their 50%)?

See what you think, check out Mayor Koch's podcast: <https://www.buzzsprout.com/255320/15515472-current-road-work-projects-furnace-brook-golf-course-national-politics-the-olympics-august-events>.

And the podcast transcript at: https://docs.google.com/document/d/1tX22Q01_ZuWEvZsqhZqa-2SEKnmxA70IeKDVHufg0t51/edit.

Kathy Thrun
Wollaston

Bake Sale At Chowdafest To Benefit School Program

The Houghs Neck Congregational Church will sponsor the bake sale at the Chowdafest Saturday, Sept. 14 from 2 to 6 p.m. at the public landing, Bay View Avenue to benefit the McKinney-Vento Homeless Assistance Program in the Quincy Public Schools.

This valuable program helps children in our school system who are homeless or are in transition. From their brochure: Individuals who are eligible to receive these services include children and youth who:

- Do not have a permanent home.
- Live in motels, hotels, scattered sites, trailer parks or campgrounds.
- Live in cars, parks, public places, abandoned buildings, or similar settings.
- Share the housing of other persons due to the loss of housing, economic hardship, or a similar reason.
- Are considered an un-

accompanied youth not in the physical custody of a parent or guardian.

Some of the ways this program assists students could be gift cards for groceries and clothing, personal items/toiletries, school supplies, bedding supplies, athletic gear, dues and fees, yearbooks, prom packages, graduation expenses, and

much more.

Among the services provided include meals and referrals to food stability programs, transportation to their school of origin, tutoring, mentoring, school supplies, fees for athletics and field trips, clothing, and much more.

How can you help? Come to the Chowdafest

and make a financial donation at the Bake Sale Table. Do you like to bake? Bake cookies or brownies or bars to donate to the table. Package the cookies 6 to a bag and the brownies or bars 4 to a bag. Set up that day begins at noon; there's some availability to pick up items that morning (call 617-669-6349).

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THIS
NEWSPAPER

OBITUARIES

John C. Ryan, 68

John C. Ryan, Ret. SGT. QPD of Quincy, formerly of Milton, died at home on Tuesday, Aug. 13, 2024, surrounded by his family after a courageous battle with cancer. He was 68.

Cherished father of John P. Ryan (QPD) and his wife Lindsey of Quincy, Michael C. Ryan and his wife Emily of Milton and William "Billy" Ryan and his wife Nina of Milton. Former husband of Elizabeth (Connolly) Ryan of Milton. Loving son of Margaret "Peg" Ryan of Quincy and the late Thomas F. Ryan. Brother of Maggie (Ryan) Flaherty and her husband John of Milton, Thomas F. Ryan of Cohasset, Joan Duchesney of Hyannis and the late Edward Ryan, QPD and Elaine Pearson. Devoted Grampy of Ava, Juliet, Johnny, Elle, Mae, Reese, Maxim, Cole, Etta, Theodore, Roman and William Ryan. Loving uncle of Ryan and Grace Flaherty and Declan Ryan. John is also survived by many cousins, dear friends and colleagues.

John grew up in Quincy and graduated from Arch-



JOHN C. RYAN

bishop Williams High School. He went on to earn a bachelor's degree at University of Massachusetts and then a master's degree at Anna Maria College. He was passionate about sports, especially hockey. He spent his youth in rinks and then raising his sons to play hockey. He volunteered at Quincy Youth Hockey as a coach and later became a coach for the Boston Junior Bruins. He also loved golf and spending time on local courses with his closest friends. His 30-year career with the Quincy Police Department earned him many awards and accolades including the Robert Dana award for going above and beyond the call of duty.

John's proudest moments were when his sons Michael and Billy were drafted into the National Hockey League (NHL) and when his son, John, became a Quincy Police officer following in his footsteps.

John leaves a legacy of kindness, compassion and love which will live on in his grandchildren. His quick wit and sense of humor, even during his toughest days, pushed him through. Although his family is heartbroken at his loss, they feel fortunate for all the blessings he brought into their lives. He will be dearly missed.

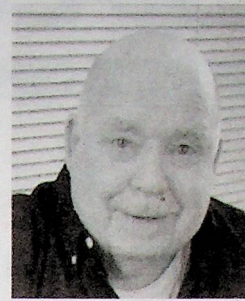
Funeral Mass was celebrated on Monday, Aug. 19, 2024, at Divine Mercy Parish in St. Ann's Church, Quincy.

Interment at Pine Hill Cemetery, Quincy.

In lieu of flowers, donations in memory of John may be made to the Quincy Police D.A.R.E. Program, 1 Sea St., Quincy, MA 02169, Att: Don Sautter.

See www.Keohane.com for directions and online condolences.

Ronald F. Dawson, 92



RONALD F. DAWSON

lon, William Dawson and his sisters- and brothers-in-law Margaret Nelson, Richard Macdonald, Francis Moriarty, Helen Parlon, Ralph Macdonald, Edward McClelland, John Polio, Stephen Burns and Gerard Macdonald.

Ronald was a graduate of Gate of Heaven School in South Boston. While growing up in Southie, Ronald was a proud member of the Strandways, a neighborhood football team. The friendships that were made during this period lasted a lifetime. He was a member of and former treasurer of the South Boston Irish American Society and the Castle Island Association. He served in the U.S. Army where he was wounded during a battle on Old Baldy in Korea and he received the Purple Heart

Medal. Following his service in the Army, he returned to French Shriner Shoe Factory in Boston where he met his wife Mary. When he moved with his family to Quincy, he became a letter carrier for the U.S. Postal Service. He retired after nearly forty years and he relished spending time with his family, golfing, traveling, and enjoying life. He spent fifteen years of his retirement at Oak Point in Middleborough and in recent years he lived at the Allerton House in Weymouth. Ronald will be remembered for his humor, friendly personality, and generous spirit.

A Mass of Christian Burial was celebrated Monday at St. Agatha Church, Milton. Burial at Massachusetts National Cemetery, Bourne.

Arrangements under the care of Hamel-Lydon Chapel, Quincy. For more information and online condolences please visit www.hamellydon.com.

In lieu of flowers, donations can be made to the Brain Injury Association of Massachusetts at <https://biama.org>; the Alzheimer's Association at <https://www.alz.org>; or Norwell VNA at <https://www.nvna.org>.

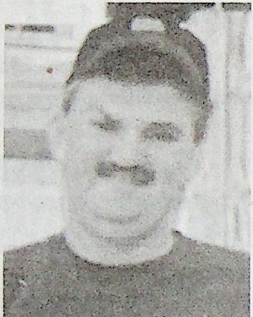
David C. Purdy, 81

David C. Purdy, age 81, a longtime resident of Quincy, died peacefully, Sunday, Aug. 11, 2024 in the comfort of his home, surrounded by his loving family.

David was born, raised, and educated in Waltham.

He was proud to have served with the 529th Signal Company in the United States Army during the Vietnam conflict.

David worked as a line-man for the New England Telephone Company and



DAVID C. PURDY

had been retired for many years.

He was an avid fan of the New England Patriots and Boston Bruins. David loved fishing and golfing. He also enjoyed caring for, and spending time with, his dogs.

Beloved husband for forty-seven years of Deborah M. (Goulart) Purdy.

Devoted father of Danielle M. Purdy.

One of six siblings, he was survived by his sister, Donna Martin, and predeceased by four sisters.

At the request of the family, funeral services were private.

In lieu of flowers, donations in David's memory may be made to the St. John's Food Pantry, c/o 556 Washington St., Quincy, MA 02169.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Urania 'Nitsa' Pino, 92



URANIA 'NITSA' PINO

Urania "Nitsa" (Pappas) Pino, age 92, of Braintree, died peacefully, Wednesday, Aug. 14, 2024 in the comfort of her home, surrounded by her loving family.

Urania was born in Athens, Greece, to the late Kostandino and Paraskevi Pappas. Raised and educated there, she immigrated to the United States in 1949 at the age of seventeen, settling in Methuen. She lived in Braintree for the past forty-five years, previously in Quincy for many years.

She was the well-known owner and operator of the former Pilgrim Diner in Quincy for twenty years.

Nitsa was a longtime member of Saint Catherine Greek Orthodox Church in Braintree where she made many friendships. She loved to socialize and volunteer at church events.

She was proud of her Greek heritage and loved to entertain. She was excep-

tional at cooking and baking traditional Greek meals and desserts. She loved to dance and sing and taught her grandchildren how to Greek dance around her kitchen table.

Nitsa was devoted to her family, and took great joy in supporting her grandchildren and great-grandchildren's many activities and accomplishments.

Beloved wife for fifty years of Matthew J. Pino, Quincy Police Department, Retired.

Devoted mother of Harry Psaros and his wife Cathy, Christos Psaros and his wife Cheryl, and Vivian Drake and her husband Keith, all of Braintree.

Loving grandmother of Christina Psaros, PhD and her husband Paul Fogel, and Melissa Psaros; Christopher Psaros and his wife Elizabeth Psaros and Philip Psaros and his wife Karla Psaros; Nitsa

Olivadoti and her husband Giuseppe Olivadoti and Sophia Gavrielidis and her husband Sofocles Gavrielidis and Stacy Donohoe and her husband Russ Donohoe and Dianna McLean and her husband Matthew McLean.

Cherished great-grandmother of seventeen: Estelle, Gabrielle, Thalia, Christopher, Matthew, Nathan, Michelle, Christina, Daniel, Dina, Peter, George, Niko, Alex, Juliet, Vivi and Lexi.

Urania is also survived by Matt's daughters, Judith A. Cellucci and her husband Daniel, Debra M. Wainwright and her husband Paul, and their families.

Funeral Services were conducted in Saint Catherine Greek Orthodox Church, 119 Common St., Braintree, on Saturday, Aug. 17. At the request of the family, interment will take place privately and visiting hours were omitted.

For those who wish, donations in Urania's memory may be made to Saint Catherine Greek Orthodox Church, 119 Common St., Braintree, MA 02184.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

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NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.



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Leslie Satkevich, 73

Leslie Satkevich, 73 of Quincy, passed away at home on Aug. 9, 2024 surrounded by family after a long and hard fought battle with cancer.

Leslie was born in Montreal, Canada where she spent most of her childhood before moving and settling in Massachusetts. Leslie was a devoted nurse for 42 years working in the Neonatal Intensive Care Unit at Boston City Hospital. Leslie loved to laugh and have fun, the last to leave every party; her legacy will live on in all of us.

Leslie always stressed the importance of family, being a beloved wife to Thomas J. Satkevich, and loving mother to Thomas A. Satkevich and wife Amy



LESLIE SATKEVICH

Satkevich, Sarah A. Grafton and husband David Grafton, Amy E. Satkevich and wife Kerrie Souza, and Lisa L.

Zion and husband Thomas Zion. Leslie held a huge place in her heart for her 9 grandchildren; Tommy, Mila, Matthew, Sloane, Shawn, Julia, Cullen, Cooper, Mackenzie, who all adored her. She is survived by an older brother Bruce and wife Bonnie who still reside in Canada, as well as many friends who were more like family.

We will cherish and protect all our memories. All who knew her, loved her. She will be always remembered and forever missed.

A Memorial Service will be held at the Dolan Funeral Home, 460 Granite Ave, East Milton Square, on Friday, Aug. 23rd at 10 a.m. Relatives and friends invited.

Victoria T. Nord, 93

Victoria T. (Moses) Nord, age 93, a lifelong Quincy resident, died peacefully, Tuesday, Aug. 13, 2024.

Vicky was the daughter of the late Louis and Anna (Budamus) Moses of Quincy. She graduated from Quincy High School and went on to earn a Bachelor's degree from Emmanuel College.

She began her career as an elementary school teacher for the Quincy Public Schools. She then left to raise her young family. Vicky then went back to work for the Archdiocese of Boston in the Catholic Youth Center. Her role was focused on youth outreach, which she did for over twenty years.

Vicky was an active member at Saint John the



VICTORIA T. NORD

Baptist Church in Quincy where she served on the Parish Council, as a CCD teacher, and as an Extraordinary Minister of Holy Communion.

Beloved wife of the late Richard F. Nord.

Devoted mother of Richard T. Nord of Quincy, Robert L. Nord of Pennsylvania, Randall F. Nord of Texas,

Russell J. Nord of E. Wareham, and Eric P. Nord of Quincy.

Loving grandmother of Christopher and Victoria.

Dear sister of Sonya Shaw of Braintree, Mary DiPietro of Watertown, and the late Sidney Moses.

Memorial Visiting Hours will be held at the Dolan Funeral Home, 460 Granite Ave, East Milton, on Tuesday, Aug. 27, from 5 - 7 p.m. A Memorial Service immediately following at 7 p.m. Relatives and friends are invited to attend.

For those who wish, donations in Vicky's memory may be made to St. Jude Children's Research Hospital, 501 St. Jude Pl., Memphis, TN 38105-1905 or at www.stjude.org.

AAA: MA Gas Prices Down Two Cents

Northeast gas prices continue to slide ahead of the Labor Day holiday on a mix of positive and negative economic reports from both stateside and abroad.

Domestically, reports of stronger-than-expected consumer spending data and lower inflation figures led to a surge in oil prices early last week on increasing expectations of interest rate cuts in the short term. The enthusiasm caused the price for a barrel of oil to jump by more than \$3 Aug. 5—the largest single-day increase in more than a year.

But by last Friday, nearly all the gains in crude oil prices evaporated after Chinese authorities reported a string of weaker economic indicators, quelling optimism about future growth in global oil and gas demand from the world's largest importer of oil. The worries far outweighed market concerns about ongoing geopolitical tensions in the Middle East.

The average gas price in MA is down two cents over last week (\$3.42), averaging \$3.40 per gallon. Monday's price is 10 cents lower than

a month ago (\$3.50) and 37 cents lower than this day last year (\$3.77). Massachusetts's average gas price is a penny lower than the national average.

"Despite market volatility on conflicting global economic data, pump prices are trending down as domestic production and supply of gasoline continues to meet demand," said Mark Schieldrop of AAA Northeast. "Here in the Northeast, inventories of gasoline are substantially above last year's levels to the tune of nearly 4 million barrels."

Lawrence J. Fitzgerald, 76

Lawrence J. "Larry" Fitzgerald, Sergeant, Brookline Police Department, Retired, age 76, of Westwood, formerly of Newton and Quincy, died peacefully, Monday, Aug. 12, 2024 in the comfort of his home, surrounded by his loving family.

Lawrence was born in Quincy, to the late John J. and Anne M. (Maloney) Fitzgerald. Raised in Quincy, he was a graduate of Archbishop Williams High School, Class of 1965, and later graduated from Curry College with a Bachelor's degree in Criminal Justice. He lived in Westwood for over thirty years, previously in Newton for several years, and earlier in Quincy.

Larry was proud to have served in the United States Army during the Vietnam conflict. He achieved the rank of Sergeant and was stationed in Germany with the 3rd Military Police Co., 3rd Infantry Division. He received the Good Conduct Medal.

He was employed as a police officer with the Town of Brookline, retiring as a



LAWRENCE J. FITZGERALD

Sergeant in 2009, after over thirty years of service.

Larry was devoted to his family and friends, and especially to his loving dog, Benny the Beagle.

Beloved husband for forty-six years of Jane Talbot Fitzgerald.

Devoted father of John Patrick Fitzgerald and his wife Sofia of Clinton Corners, N.Y., Mary Celine Fitzgerald and her fiancé Seth Adams of South Portland, Maine.

Loving grandfather of Santiago Thomas Fitzgerald.

The last of four siblings, Larry was predeceased by John J. Fitzgerald, Jr., Ellen M. Bowling, and David

M. Fitzgerald. He is also survived by several nieces, nephews, and their families.

Committal services, with military honors, will take place at the Massachusetts National Cemetery, Bourne, on Wednesday, Aug. 21, promptly at 1:45 p.m. Relatives and friends are invited to attend.

A celebration of Larry's life will be held at Beacons Restaurant, 85 Providence Highway, East Walpole, on Thursday, Aug. 22, from 12 - 3 p.m.

In lieu of flowers, donations in Larry's memory may be made to The Arc of Massachusetts, 217 South St., Waltham, MA 02453-2710 or www.thearcofma.org or donate, or The Beagle Freedom Project, 4804 Laurel Canyon Blvd., #534, Valley Village, CA 91607 or www.bfp.org/donate.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

June L. Moe, 96

June Lorraine Moe, 96, of Quincy, passed away peacefully on Wednesday, Aug. 14, 2024 surrounded by the love, comfort and care of family.

June was preceded in death by her husbands Joseph and Stanley, and by her daughter Linda Lauze. Sister of the late Dorothy Nesbit, Frank Oneto, Albert Oneto, Arthur Oneto, and Russell Oneto. Aunt of the late Bruce Oneto and his wife Jane Oneto of Abington, and Dorothy Hill of Bridgewater. She is also survived by many nieces and nephews, great nieces and nephews, extended family and many dear friends including those from 1000 Southern Artery in Quincy where she resided for many



JUNE L. MOE

years.

Born in Cambridge, June was raised in North Weymouth and worked for over thirty years as an inspector for Semline, Inc. of Braintree.

Some of her favorite times were those spent with her family. She enjoyed going

to the ocean, especially the many visits she made to Nantasket Beach with her daughter Linda. She enjoyed playing bingo with her friends and visiting Twin Rivers.

Relatives and friends are cordially invited to attend visiting hours Saturday, Aug. 24, 2024, from 10:00 a.m.-11:30 a.m. at the Hamel-Lydon Chapel, 650 Hancock St., Quincy. Catholic prayer service to follow beginning at 11:30 a.m. Cremation to follow.

Funeral Arrangements are under the compassionate care of Hamel-Lydon Chapel. For information and online condolences, please visit Hamel-Lydon.com.



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Studio Two: Beatles Tribute At The Ruth Gordon Amphitheater Sept. 1

The Summer Series at the Ruth Gordon Amphitheater finishes its 2024 season with fan favorite Studio Two on Sunday, Sept. 1 at 6 p.m.

New England's #1 Beatles Tribute band is back at the Ruth Gordon Amphitheater by popular demand.

Studio Two Beatles deliver a sound and look that will have you thinking it's the "British invasion" of 1964!

This is a free show at the beautiful historic outdoor theater with public rest-

rooms, handicapped access at top level, water views and food and drink by Break-rock brewing and Blacks Creek BBQ.

Bring a chair or blanket.

The Ruth Gordon Amphitheater is located at Merymount Park, Vietnam Veterans Drive, Quincy, MA 02170.

Plenty of free parking. For more information on this and other summer events at the Amphitheater, visit: <https://friendsofqa.org/>.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO24P1933EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Kathryn G. Norton
Date of Death:
02/17/2024

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Joseph C. Veneto** of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Joseph C. Veneto** of Quincy, MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/11/2024. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: July 17, 2024
COLLEEN M. BRIERLEY
Register of Probate

8/22/24

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO24P2297EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Gay T. Carbonneau
Date of Death:
03/28/2024

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Dianne G. MacDonald** of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Dianne G. MacDonald** of Quincy, MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/18/2024. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

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WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 15, 2024
COLLEEN M. BRIERLEY
Register of Probate

8/22/24

Top 10 Norfolk County Property Sales In Second Quarter

Norfolk County Register of Deeds William P. O'Donnell reports that during the second quarter of 2024, 10 properties, a mix of commercial and residential, sold for more than \$16,000,000, with an average price of \$31,044,300.

The prices on the properties to follow concern real estate sales from April 1, 2024, through June 30, 2024. Two of the properties are in Quincy.

The ten properties, listed by sale lowest to highest, are:

10. **34-50 Central St., Wellesley**, a collection of three boutique mixed-use retail units with a total area of 40,860 square feet, was sold in May for \$16,000,000.

9. **Braintree Manor**, a 177-bed senior living facility located at 1102 and 1106 Washington St., sold for \$22,000,000 in April;

8. **715-795 Bridge St., Weymouth**, known as Riverway Plaza, a 250,000-square-foot retail center, sold in June for

\$23,000,000.

7. **65 Walnut St., Wellesley**, a five-floor, 67,500-square-foot, multi-clinic medical outpatient building sold in June for \$24,300,000.

6. **1400 Providence Highway, Norwood**, the three-building, 155,912-square-foot mixed-use office space, and research and development facility known as the Norwood Business Center, sold in June for \$24,500,000;

5. The Southfield Redevelopment Authority purchased property on **Memorial Grove Ave., Weymouth**, 368,270 square feet of land on the site of the former South Weymouth Naval Air Station in June for \$25,000,000.

4. **1 Richard A Stratton Way, Quincy**, the five-floor, 89,507-square-foot Holiday Inn hotel, sold in May for \$30,498,000;

3. **1280-1300 & 1330 Boylston St., Brookline**, a 5.34-acre office park comprised of four commercial

buildings totaling nearly 120,000 square feet, sold in May for \$41,000,000;

2. **122 and 130-132 Granite St., Quincy**, the 100,000-square-foot retail shopping plaza known as Granite Place, sold in May for \$41,500,000.

1. **655 Washington St., Weymouth**, the 4-story, 160-unit luxury apartment complex known as Helix Apartments, sold in May for \$62,645,000.

The top sales appear to have been a combination of apartment complexes, retail, and office space. Excise taxes from these 10 sales totaled more than \$1,415,620 for the state and county.

"The variety in these real estate transactions bodes well for the Norfolk County economy, with high-value properties selling in both commercial and residential sectors," O'Donnell said. "This also indicates that Norfolk County is not only a desirable place to both live and work but is also a magnet for business, industry, and trade."

Spinning Demonstration Saturday At Dorothy Quincy Homestead

The Dorothy Quincy Homestead will welcome back Zoe Lawson for a spinning demonstration Saturday, Aug. 24 at the historic site.

The art of spinning is best learned by the young, and Lawson has been practicing the craft of spinning by drop spindle and on a wheel since childhood. She shares her techniques while in 18th century garb while illuminating the various methods colonists used to

produce their own textiles. She will be available for questions and discussions from 11 a.m. to 2 p.m.

Guided tours of the Homestead are conducted every 30 minutes, on the hour and half hour. Cost is \$10 per person, donations are welcome.

The Homestead is located at 34 Butler Rd., Quincy.

The Dorothy Quincy Homestead is owned by the Massachusetts Department of Conservation and Recreation in a partnership with the National Society of Colonial Dames of Massachusetts.

The program is co-sponsored by the Massachusetts Cultural Council and the Quincy Art Council.

QHS Class Of 1961 63rd Reunion Sept. 28

A 63rd reunion of the Quincy High School Class of 1961 will be held Saturday, Sept. 28 at the Tirrell Room, 254 Quarry St., Quincy. A Meet & Greet will be from 11:30 a.m. to 1 p.m., and a buffet luncheon from 1 to 3 p.m.

Those interested are asked to send a check for \$60 made out to Lois AuCoin, 205 Linden Ponds, Unit 411, Hingham, MA 02043 by Sept. 1st.

More Quincy news:

The Quincy Sun.com

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-85

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on **Tuesday, September 10, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Paul Beaulieu for a Variance, Finding and Special Permit/Flood Zone to construct a one level addition to the rear of the existing dwelling in violation of the Quincy Zoning Ordinance 3.4.3 Nonconforming structure, 5.1.8 Table of Off Street Parking and 8.19 Special Permit/Flood Plain Overlay District on the premises numbered 274 Beach Street, Quincy.

Plans and specifications may be viewed online at <https://quincyma.portal.opengov.com/search>

Martin Aikens, Chairman

8/22/24, 8/29/24

LEGAL NOTICE

NOTICE TO DEFENDANT ANDREA N. CAMPBELL

[Case Caption: Guilford County Courthouse in Greensboro, North Carolina, Gurney L. White d/b/a Majestic Car Care, v. Andrea N. Campbell]

Case Number: 23-CVD-6276

To ANDREA N. CAMPBELL, whose whereabouts are unknown or cannot be ascertained through reasonable diligence:

You are hereby notified that a legal action has been filed against you in the Guilford County Courthouse of Greensboro, North Carolina. The nature of the action is a Complaint for Monies Owed Under a Mechanic's Lien. You are required to appear in or respond to this action within (45) forty-five days after the final publication of this notice.

This notice is being published once a week for three consecutive weeks in The Quincy Sun, a newspaper of general circulation in Quincy, Massachusetts. The dates of publication are August 15, 2024, August 22, 2024, and August 29, 2024.

If you fail to appear or respond to this action within the specified time, a default judgment may be entered against you for the relief demanded in the complaint.

For further information or to respond to this action, you may contact the court or the plaintiff's attorney, Attorney Jason Keith of NXTGENLAW Firm at 336-574-0368 or 100 S. Elm St., Suite 110 in Greensboro, North Carolina 27401.

This notice is published pursuant to Rule 4 of the North Carolina Rules of Civil Procedure.

DATED: August 15, 2024.

8/15, 8/22, 8/29/24

Climate Adaptations For Quincy Waterfront Workshop Topic

Save the Harbor/Save the Bay, the Metropolitan Beaches Commission, Friends of Wollaston Beach and beachgoers met Aug. 5 at the Wollaston Yacht Club to discuss climate adaptations for the Quincy waterfront.

The climate workshop hosted nearly 50 participants including Metropolitan Beaches Commissioner Kerin O'Toole, City Councilor Dan Minton and members of Quincy Climate Action Network, Quincy Asian Resources and the Wollaston Yacht Club.

Save the Harbor presented the impact climate change and sea level rise may have on Wollaston Beach ranging from storm surge flooding to long term beach migration. Attendees voiced their concerns about how their daily lives are impacted by our changing climate, which included storm surges overtopping the Wollaston Beach seawall, and erosion of the beach itself.

This was the eighth such workshop that Save the Harbor and the Metropolitan Beaches Commission have held this year, the goal of which is to understand local effects of climate change on our region's recreational beaches and provide recommendations and guidance to towns, cities, and neighborhoods in order to adapt to these changes.

Participants in the Quincy workshop discussed the perceived pros and cons of solutions and adaptations including raising seawalls, engineering cobble berms, artificial reefs and other

nature-based solutions and long-term concepts like "resilient relocation," adapting the built infrastructure to change with the natural beach migration we may see over several decades.

"The Quincy workshop was incredibly helpful in these initial efforts," said Save the Harbor Executive Director, Chris Mancini. "Long-time residents shared first-hand experience seeing reduction in the seawall height over time, which gives us a great indication of how Wollaston Beach is likely reacting to climate change. We're just starting this process, but this feedback has given us some great guidance as we take the next steps in crafting actual recommendations."

"These workshops are a critical first step to finding solutions to the issues that will affect Quincy's various beach-focused stakeholders," said Friends of Wollaston Beach President Maureen Mazrimas. "We must be proactive in finding solutions while there is still time. Thanks to SH/SB and the MBC for bringing the Workshop to Quincy."

"This has been a huge priority for the MBC since releasing the Breaking Barriers Report in 2023," said Quincy Community Commissioner and Director of Community Preservation Kerin O'Toole. "The City of Quincy has been diligently enhancing its coastal infrastructure for the past two decades. Residents along Adams Shore can attest to how the upgraded sea wall has significantly improved con-

ditions during major storms. The City is also working on 4,000 feet of new sea wall improvements in Houghs Neck. We are looking forward to collaborating with DCR to identify and make

much-needed upgrades along Wollaston Beach. I'm grateful to my fellow Quincy commissioners, Sen. John Keenan, and Rep. Tackey Chan for their continued support in advancing

this important issue."

Mancini and Mazrimas also expressed their thanks to the Officers, Directors and Members of WYC for providing the venue for this workshop, including special

thanks to Allison Williams and Lisa Moriarty for all their hard work on behalf of this event.

For more information or to participate in future in-person and zoom workshops, including the next zoom workshop on Sept. 12, visit www.savetheharbor.org/mbc.



SAVE THE HARBOR/Save the Bay, the Metropolitan Beaches Commission, Friends of Wollaston Beach and beachgoers recently met at the Wollaston Yacht Club to discuss climate adaptations for the Quincy waterfront. *Courtesy Photo*

NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS

NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS

August 22, 2024
City of Quincy
1305 Hancock St
Quincy, MA 02169
617-745-7168

On or about August 30, 2024 the City of Quincy will authorize the Quincy Housing Authority to submit a request to the U.S. Department of Housing and Urban Development (HUD) for the release of *Public Housing Capital Fund (including CFFP and other grants)* under the *Public Housing Program* of the United States Housing Act of 1937 as amended, to undertake a project known as *Rental Assistance Demonstration (RAD) conversion* for the purpose of *conversion of the following properties under the Rental Assistance Demonstration (RAD):*

Riverview Apartments is comprised of forty-five (45) buildings at numerous streets in the Germantown Section of Quincy, MA including 78 Quarterdeck Road, Quincy, MA Administration Costs, Consulting Fees, Roof Replacement, Exterior Siding Replacement, Asbestos Abatement, Window Renovations, Exterior Entrance Door Replacement, Sump Pump Renovations, Kitchen Renovations, Bathroom Renovations and Electrical Panel Replacement. The Scope of Work also includes converting the property from the Public Housing Program to the Section 8 Program under the HUD Rental Assistance Demonstration (RAD) Program.

Drohan Apartments, 170 Copeland St. Quincy, MA Administration Costs, Consulting Fees Unit Flooring Replacement, Hallway and Common Areas Painting. The Scope of Work also includes converting the property from the Public Housing Program to the Section 8 Program under the HUD Rental Assistance Demonstration (RAD) Program.

Estimated Total HUD Funded Project Costs \$2,268,242.00

The activities proposed are *categorically excluded under HUD regulations at 24 CFR Part 58 from National Environmental Policy Act (NEPA) requirements.* An Environmental Review Record (ERR) that documents the environmental determinations for this project is on file at 34 Coddington St., 3rd Floor, Quincy, MA 02169 and may be examined or copied weekdays 8:30A.M to 4:30P.M.

PUBLIC COMMENTS

Any individual, group, or agency may submit written comments on the ERR to the *City of Quincy*. All comments received by *August 29, 2024* will be considered by the *City of Quincy* prior to authorizing submission of a request for release of funds.

ENVIRONMENTAL CERTIFICATION

The *City of Quincy* certifies to HUD that *Thomas P. Koch* in his capacity as *Mayor* consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied. *HUD's* approval of the certification satisfies its responsibilities under NEPA and related laws and authorities and allows the *Quincy Housing Authority* to use Program funds.

OBJECTIONS TO RELEASE OF FUNDS

HUD will accept objections to its release of fund and the *RE's* certification for a period of fifteen days following the anticipated submission date or its actual receipt of the request (whichever is later) only if they are on one of the following bases: (a) the certification was not executed by the Certifying Officer of the *City of Quincy*; (b) the *RE* has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR part 58; (c) the grant recipient or other participants in the development process have committed funds, incurred costs or undertaken activities not authorized by 24 CFR Part 58 before approval of a release of funds by *HUD*; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures (24 CFR Part 58, Sec. 58.76) and shall be addressed to the *US Department of Housing and Urban Development (PIH)* at 10 Causeway Street, Suite 553, Boston, MA 02222. Potential objectors should contact HUD to verify the actual last day of the objection period.

Thomas P. Koch, Mayor, City of Quincy
8/22/24

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO24P2298EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Charran Mahadeo
Date of Death:
8/17/2023

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Vidya Grave of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Vidya Grave of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/18/2024. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A **Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.**

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 16, 2024
COLLEEN M. BRIERLEY
Register of Probate
8/22/24

Friends Of Wollaston Beach Activities, Events

By FRIENDS OF WOLLASTON BEACH

It's been an amazing couple of weeks!

First, there was the Kite Festival at the end of July; next came the Climate Control Workshop, followed by Kids' Fest and Story Time at the Tot Lot.

Kids' Fest did not disappoint. Beach goers enjoyed games, bubble barge, DJ and dancing, a splash pad; face painting by Tongwood Studio; bubbles, coloring books, a photo booth, sand art, and a water truck (courtesy of MWRA)! In addition, Erinn from Kite Krusaders returned to do her magic with kites! What a great day!

The Stone Living Lab's Climate Cart also joined us and brought fun projects to show how global warming is affecting us, how erosion affects the coast, and information on local marine species.

The fun continued the following day as FWB partnered with Thomas Crane Public Library for its second Story Time at the Tot Lot. FWB also gave each child a book about the beach/environment, a coloring book, and a beach related toy. Thank you Ms. Dorothea (TCPL) for your choice of stories, and for the games, dancing and generalized fun!

Next event is Yoga on the Beach - Saturday, Aug. 24 from 8 to 9 a.m. on Wollaston Beach, Quincy Shore Drive near Hollis Street. Since space is limited, log onto www.loriscottyoga.com to reserve your space.

On Saturday, Sept. 7 the Massachusetts Water Resources Authority (MWRA) will hold Reel Fun Fishing Day at Nut Island from 10 a.m. to 2 p.m. Come to the Nut Island pier for a day of fishing and fun. Learn how to fish, become a Junior Ranger, play games, and more!

To wrap up the season, FWB will again partner with Massachusetts Office of Coastal Zone Management (CZM) for the annual COASTSWEEP Cleanup. Please join us on Sept. 21 from 10 a.m. to noon. Meet at the parking area across from the Bath House on Quincy Shore Drive. Further details as we get closer to the date.

See friendsofwollaston.com for specifics on all of these events.

a certain letter is indeed not a consonant, is that a vowel at all?

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Robert Downey Jr.'s breakout film was actually his 20th film — "Soapdish" (1991). It was then followed by "Chaplin," which earned him an Oscar nomination. It took 21 more films before he scored again with "The Singing Detective" (2003). It was common knowledge that he had substance abuse problems, which made producers hesitate to hire him. But 16 films later, Downey scored again as Tony Stark in "Iron Man" (2008). Then came "The Incredible Hulk," "Tropic Thunder," two "Sherlock Holmes" films, "The Avengers" (2012), and "Iron Man 3" (2013). He continued to play Tony in "The Avengers" sequels, "Captain America: Civil War," and "Spider-Man: Homecoming" (2017) before they killed Tony off! In 2020, his "Dolittle" film bombed and was a critical and commercial failure. However, winning an Oscar for Best Supporting Actor for "Oppenheimer" prompted Marvel Studios to hire Downey again, this time as Dr. Doom in two upcoming "Avengers" sequels.

The 97th Oscars, which will be held on March 2, are at square one with finding a host. Jimmy Kimmel, who hosted the last two ceremonies (four in total), has passed on doing the job next year. In fact, he's been hinting to ABC that he wants to end "Jimmy Kimmel Live!" after hosting for 21 years. They also considered superstar stand-up comedian John Mulaney, who scored with his monologue at last year's Oscars, but Mulaney also passed, knowing that he'd have to start preparing for the awards as soon as possible and cancel many of his scheduled bookings to do it. Please, Billy

Crystal, won't you come back?

Aaron Taylor-Johnson isn't sitting around waiting to be named the next James Bond... the man is busy! First up is the superhero film "Kraven the Hunter," opposite Ariana DeBose and Russell Crowe (out on Dec. 13). Then he has the gothic-horror film "Nosferatu" with Bill Skarsgård ("It"), Nicholas Hoult, and Lily-Rose Depp (out on Dec. 25). This will be followed by "Slumdog Millionaire" director Danny Boyle's post-apocalyptic horror film "28 Years Later," where Taylor-Johnson stars opposite this year's Best Actor winner Cillian Murphy, Jodie Comer, Ralph Fiennes, and Jack O'Connell (out on June 20, 2025).

In addition to all of those releases, Taylor-Johnson is currently shooting the British crime thriller "Fuze," co-starring Theo James and Sam Worthington. It's about an undetonated World War II bomb in a London construction site that gets used as a cover for a bank heist. He's one occupied 34-year-old British actor!

It's taken 60 years to come up with a prequel for the 1968 classic Roman Polanski film "Rosemary's Baby." The film cost \$3.2 million and grossed a whopping \$33.4 million. It starred Mia Farrow, John Cassavetes, Ruth Gordon and Sidney Blackmer. The prequel, titled "Apartment 7A," will star "Ozark's" Julia Garner, Dianne Wiest and Jim Sturgess. It predates Farrow and Cassavetes moving into their strange building. John Krasinski and Michael Bay are two of the film's producers, who'll have to host open calls to find a pretty baby with a devilish smile!

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GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

		+			+		= 14
+			+			+	
		+			-		= 4
-			÷			+	
		+			×		= 56
=			=			=	
3			6			18	
1	2	3	4	5	6	7	8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Union Made — Trade unions played a crucial role in establishing Labor Day as a holiday. "Union Made" has long been a point of pride for American industries, as in this sign advertising Sweet-Orr clothing, which sold for \$7,380 at a Morphy auction. Talk about the value of hard work! The sign celebrates workers as not just the makers of the clothes, but as the brand's clientele. The story goes that James Orr returned from the Gold Rush without gold, but with a business idea. Having seen firsthand how easily prospectors' work clothes were damaged, he persuaded his nephews Clayton and Clinton Sweet to join him in starting a company to make high-quality off-the-shelf workwear. The Sweet-Orr company started making overalls in Wappingers Falls, New York, in 1871. By the 1880s, it had an iconic advertising strategy: Representatives would hold events challenging groups of six men to play tug-of-war with a Sweet-Orr garment, showing the clothes' resistance to tearing. This was supposedly inspired by feedback from customers claiming that their lives had been saved by the strength of their Sweet-Orr clothing. This strategy soon made it into the company's logo. This sign, depicting such a tug-of-war, dates to about 1920. Although the original New York factory has closed, the Sweet-Orr company is still operating today.

Q: I inherited my grandfather's collection of early American pressed glass. He had over 100 pieces, of various patterns. I am not a collector, and I would like to sell these beautiful items. I don't know how to go about

doing that. Any suggestions?

A: Pressed glass, also called pattern glass, is a popular collectible. Pieces are usually inexpensive, but rare patterns by known makers can sell for hundreds, even thousands of dollars. Pressed glass sells well online, at general antiques shows and at small local auctions, but if you are planning to sell the entire collection, you may want to find an auction that specializes in antique glass. Collectors' clubs can help you find more information and possibly connect you with buyers. The Early American Pattern Glass Society (www.eapgs.org) is a good place to start. Or look for a glass club in your area. There are many listed in the Business Directory on Kovel.com.

TIP: Keep your collection of glassware away from the speakers of your sound system. Heavy bass and high-pitched sounds can crack the glass.

CURRENT PRICES

- Toy, dog, Molly, mohair, sitting, brown and white fur, swivel head, plastic eyes, stitched nose, red ribbon around neck, squeaker, Steiff, 7 inches, \$95.
- Game, mahjong, tiles, counting sticks, red case, sliding panel opens to five drawers, gilt animals and clouds, brass hardware, two top handles, 6 x 6 1/2 inches, \$510.
- Quilt, patchwork, eight flower sprays, red flowers and buds, green leaves and stems, scalloped edge, red trim, 89 inches x 76 1/2 inches, \$2,560.

For more collecting news, tips and resources, visit www.Kovels.com

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Strange BUT TRUE

• When Texas was its own sovereign nation in the mid-1800s, it briefly had a diplomatic mission in Paris.

• In 1939, George Bernard Dantzig, a graduate student at the University of California, Berkeley, arrived late for a statistics class and copied the two problems on the blackboard, assuming they were the homework, then handed them in a few days later. Several weeks afterward, he was awakened by his professor's excited knock at the door: The "homework" was actually unsolved problems in statistics that Dantzig had managed to prove.

• Since avocados never ripen on trees, farmers can use the trees as a way to store and keep the fruit fresh for up to seven months.

• Maine is the closest U.S. state to Africa.

• It's a sweetly romantic tradition for the post offices of Romeo, Michigan, and Juliette, Georgia, to offer a special dual postmark leading up

to Valentine's Day.

• As comedian Bob Hope lay on his deathbed in 2003, his wife Dolores asked where he'd like to be buried. His reply? "Surprise me."

• The three dots on the Domino's Pizza logo represent the chain's three original locations. Co-founder Tom Monaghan originally planned to add a new dot for every pizzeria he opened.

• Female bats give birth while hanging upside down, catching the baby in their wings.

• England's King Richard the Lionheart spent a mere six months of his 10-year reign in England, being there only briefly in 1189 and 1194.

• At the end of 1914, when Russia was fighting in World War I, the country's army had 6,553,000 men, but just 4,652,000 rifles.

Thought for the Day: "Happy is the person who knows what to remember of the past, what to enjoy in the present and what to plan for in the future." — Arnold H. Glasow

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Now here's a tip!

by Jo Ann Derson

• "I used double-faced tape to stick a couple of clothespins inside the cabinet under my sink. I can hang my gloves under the sink when I am finished with the dishes." — T.C. in Minnesota

• Help nylons and tights retain elasticity by giving them a final rinse in diluted vinegar before hanging dry. Never add nylons to a heat dryer.

• "I purchase extra school supplies when back-to-school time brings the sales. Inevitably, we need extras as the school year wears on, and these items can be pricier later." — Y.C. in Alabama

• "A tip for setting your table: Always put pretty plastic placemats on the table first. Then your pretty cloth napkins and placemats over these. When you're ready to

eat, just remove cloth placemats and napkins and you'll still have a pretty table to serve your guests." — J.R. in Virginia

• Ease the weekday morning time crunch by planning your wardrobe on the weekends. Use a single hanger to gather everything you need for a smart, pulled-together look. Attach a plastic sandwich bag with accessories to the hanger with a clothespin, and you'll be dressed in minutes.

• If your bananas start to brown on the outside, put them in the fridge. They will still get brown, but the inside stays firm instead of getting mushy.

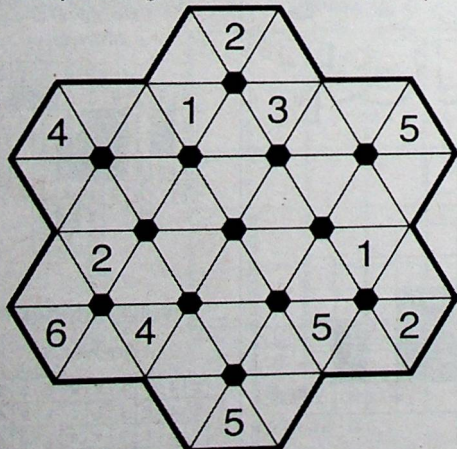
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

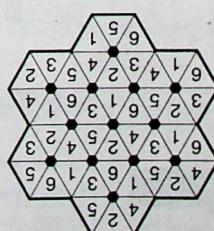
Below are anagrams of four famous people. Can you unscramble the clues to form the names?

- NO ALIENS DARLING (an actress)
- VOICE SELLS LOT (male musician)
- SCOWLER RULES (an actor)
- DO ANNIE TAKE (an actress)

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SNOWFLAKES

solution



Stickelers Answer

Go Figure!

answers

18	6	3
=	=	=
96	8	2
+	+	+
+	+	+
=	=	=
4	9	3
+	+	+
+	+	+
=	=	=
14	4	6
+	+	+
+	+	+
=	=	=
1	9	3

DIANE KEATON
RUSSELL CROWE
ELVIS COSTELLO
GILLIAN ANDERSON
anagrams:
Here are the famous names from the

Super Crossword

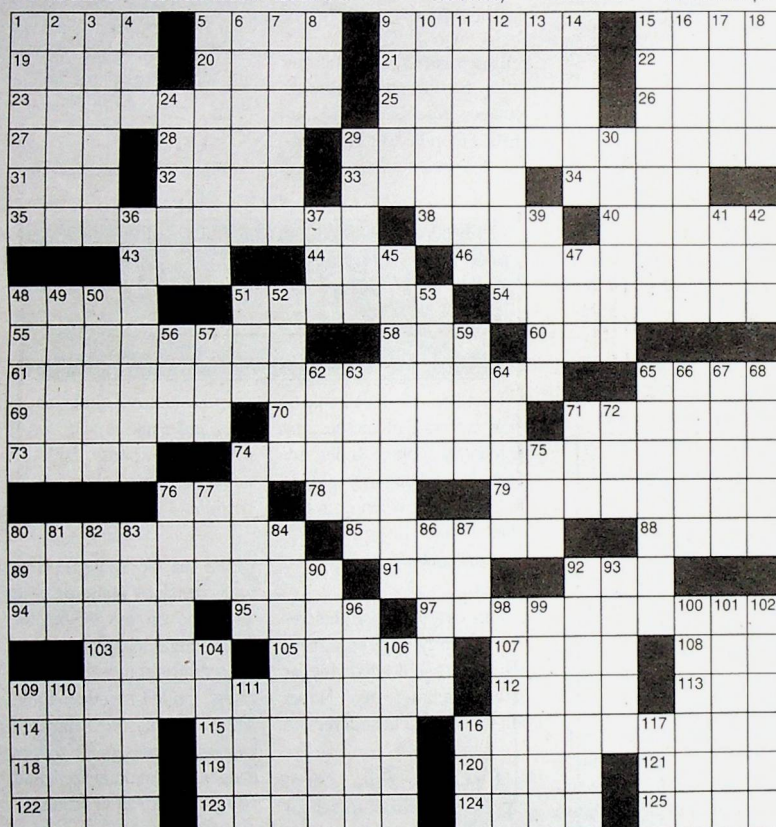
CALLING FOR SILENCE

ACROSS

- 1 Human rights org.
- 5 Costa —
- 9 Scored two under par
- 15 Apparel
- 19 Stars and Stripes, e.g.
- 20 Big whoops
- 21 Louisiana cuisine style
- 22 French girlfriend
- 23 Places to buy salmon fillets and such
- 25 Everyday routine
- 26 Metal beam with two flanges
- 27 Brainpower stats
- 28 Actor Bana
- 29 Overnight delivery, say
- 31 Regret deeply
- 32 Nothin' at all
- 33 Lauder of perfumery
- 34 Shutter strip
- 35 Breathable gym bottoms
- 38 Actor Alan
- 40 Vaping devices
- 43 Some tech. inst. grads
- 44 Trio after G
- 46 They're like lay-ups, but farther from the basket
- 48 Father, to a tiny tot
- 51 Like some artificial body parts
- 54 A snake injecting venom, e.g.
- 55 Become too warm
- 58 Like a bass voice
- 60 Napoleonic marshal
- 61 Coin that was worth 12 pence
- 65 Purvey
- 69 Often-flexed arm muscles
- 70 Paint coat applied to rough plaster
- 71 Brand of snowmobiles
- 73 Snow glider
- 74 Informal name for a herding breed
- 76 Congregated
- 78 Concealed
- 79 City development area
- 80 Dangler on a garment in a store
- 85 Most modern
- 88 Harper of "Far North"
- 89 Top worn on a safari
- 91 Snooze
- 92 Epoch
- 94 Opera solos
- 95 Tomb-raiding Croft
- 97 Resembling a plate
- 103 Turner of the Washington Nationals
- 105 Check recipient
- 107 Tubular snack cake
- 108 Flat-fixing org.
- 109 Guard to keep something dry
- 112 Novelist Kingsley or Martin
- 113 "Despicable Me" villain
- 114 Very dry
- 115 Tiki bar drink
- 116 What nine answers in this puzzle suggest that you do twice?
- 118 Donate
- 119 Peeves
- 120 Les — (French for "some")
- 121 Emend
- 122 Tomahawks
- 123 Level
- 124 Indiana-to-Ohio direction
- 125 Witty types

DOWN

- 1 Validate
- 2 In-group
- 3 Maidens
- 4 "Yuck!"
- 5 Pep rally cheers
- 6 Excited response to "Who wants dessert?"
- 7 Police ride
- 8 Horse cousin
- 9 Beige shades
- 10 Sony record label
- 11 Be assisted
- 12 Bungled
- 13 "In the Valley of —" (2007 drama film)
- 14 Slow sources
- 15 Cold Spanish soup
- 16 Eager desire
- 17 "Knives Out" director
- 18 Arctic hazard
- 24 Gut feeling
- 29 Pine product
- 30 — v. Ferguson (landmark court case)
- 36 Word after big, cold or soft
- 37 Albeit, in brief
- 39 For — (very cheaply)
- 41 Former rival of AT&T
- 42 Former Russ. state
- 45 First lady after Melania Trump
- 47 Move hastily
- 48 Lou formerly of CNN
- 49 Pop rocker Lavigne
- 50 Rid of frost
- 51 Crank's cry
- 52 "Challenge accepted!"
- 53 Rum mixers
- 56 Clued in
- 57 Lion chaser?
- 59 Hope (for)
- 62 Opposite of 58-Across
- 63 "You Be —" (1986 Run-D.M.C. hit)
- 64 Avian abodes
- 65 Savors Earl Grey, say
- 66 Funny Murphy
- 67 Sacks in war
- 68 Balcony sections
- 71 Use stitches
- 72 Mattel man
- 74 Online biz
- 75 Torrid
- 76 Untidy states
- 77 Afr. country
- 80 Keglers' org.
- 81 Karel Capek sci-fi play
- 82 Question starter in old state
- 83 Total shams
- 84 Plotting in math class
- 86 Walked in water
- 87 Dermis or Pen lead-in
- 90 Turncoat
- 92 Most tasty
- 93 Phantom
- 96 "Yes, cap'n!"
- 98 Reporter on "Parks and Recreation"
- 99 Buds from the hood
- 100 Multi-roof temple
- 101 Winged bug with pincers
- 102 Intimidates
- 104 Sportscaster Rashad
- 106 "Für —" (piano piece)
- 109 Chronicle
- 110 Grand — (annual race)
- 111 Clearheaded
- 116 "— pasa?"
- 117 Dawn drops



Celebrity extra

by Dana Jackson

Q: My mom loves watching Drew Carey host "The Price Is Right." I told her that there used to be a funny sitcom he starred in, but I couldn't find it on streaming or cable. Is there a way to watch it? — K.L.

A: "The Drew Carey Show" is one of those series that hasn't been released on modern streaming services because there's so much licensed music in it that hasn't been cleared yet. However, a free streaming service (with ads) called Plex recently released all nine seasons with some changes to the music. For example, in one episode, some generic rock music was added to a scene that previously played Van Halen's "Panama." The show was created by Carey and Bruce Helford ("Roseanne") and aired on ABC from 1995-2004. It's hilarious ensemble cast included Diedrich Bader ("Veep"), Ryan Stiles ("Whose Line Is It Anyway?"), and former "Late Late Show" host Craig Ferguson. Hopefully, they'll eventually be able to get all the music rights cleared, and the show will eventually end up on an ad-free platform like Netflix. But in the meantime, Plex is a great app with a library of various popular TV shows

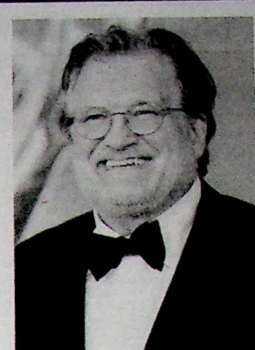
and films. You just have to be patient and sit through some commercials.

Q: Is it true that the Disney series "Wizards of Waverly Place" is being rebooted? Is Selena Gomez starring in it, or is it a new, young cast? — D.W.

A: Selena Gomez and David Henrie, who played siblings in the hit Disney series "Wizards of Waverly Place," are producing a sequel series called "Wizards Beyond Waverly Place." Gomez will star in the first episode, and Henrie will lead a new cast of youngsters through the rest of the season, including Billie, who is played by Janice LeAnn Brown ("Euphoria") and has special powers. The original series ended 12 years ago, and the new spin-off will begin airing later this year on both Disney Channel and the streaming platform Disney+. You can also catch Gomez in the upcoming fourth season of "Only Murders in the Building," which premieres on Hulu on Aug. 27.

Q: Which cast members from "Young Sheldon" will be on the first season of the new spin-off about his older brother? I really miss the show and hope it includes some of them. — P.T.

A: "Georgie & Mandy's First Marriage" will premiere this fall on CBS, beginning Thursday, Oct. 17. It'll be filmed in a traditional sitcom style known as the multi-camera



Drew Carey ("The Price Is Right")

Courtesy of Depositphotos

format, and it's produced by Chuck Lorre, who also produced "Young Sheldon" and its prequel series "The Big Bang Theory." Will Sasso ("Mom") and Rachel Bay Jones ("The Good Doctor") will reprise their "Sheldon" roles as Mandy's (Emily Osment) parents. The young couple will be living in the same town where "Young Sheldon" took place, so expect to see guest appearances by some of the cast you miss. For example, Georgie's mom, grandma and sister (Zoe Perry, Annie Potts and Raegan Revord) are all expected to pop up at least once during the first season.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

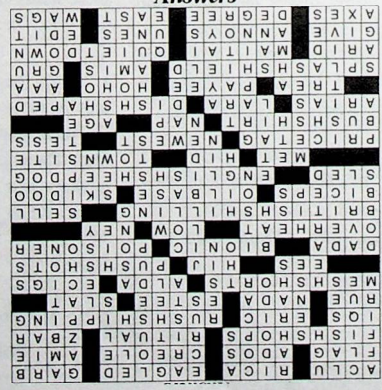
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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Super Crossword

Answers



Even Exchange answers

- 1. Thing, Think
- 2. Waller, Walter
- 3. Ballet, Ballet
- 4. Rough, Rouse
- 5. Frank, Frank
- 6. Share, Shore
- 7. Parent, Patent
- 8. Clint, Flint
- 9. Scrip, Shrimp
- 10. Blind, Bland

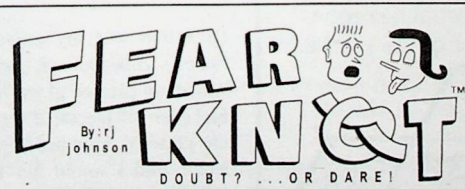
Even Exchange

by Donna Pettman

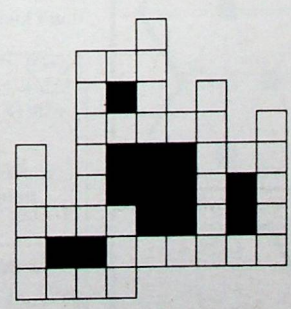
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- 1. Gadget — — — — — G Ponder — — — — — K
- 2. Actor Matthau — — — — — L Restaurant server — — — — — I
- 3. Vote — — — — — O Classical dance — — — — — E
- 4. Uneven — — — — — H Blush — — — — — E
- 5. Trick P — — — — — Singer Sinatra F — — — — —
- 6. Portion — — — — — A Coastline — — — — — O
- 7. Mom or Dad — — — — — R Inventor's document — — — — — T
- 8. Actor Eastwood C — — — — — Firestarter F — — — — —
- 9. Tighten your belt — — — — — C Prawn — — — — — H
- 10. Fair-haired — — — — — O Tasteless — — — — — A

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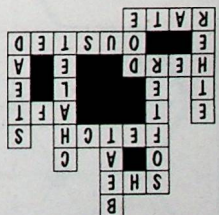


- ESH
- HECTLA
- ♥ASEDT
- RHDE
- SUDOTE
- ♥TFA
- ♥ETBA
- ♥HETRE
- ♥OED
- ♥TOSFRE
- HETFC
- ♥ARET



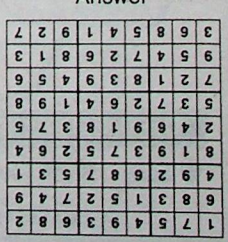
Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KN&T answer



Weekly SUDOKU

Answer



Amber Waves

MOM, YOU'RE ALWAYS SAYING BEING A PARENT IS A TOUGH JOB...

I THINK BEING A KID IS WORSE. I SAY WE SWITCH FOR A WHILE AND SEE.

OK, YOU CAN MAKE DINNER AND DO ALL THE DISHES WHEN WE'RE DONE.

DON'T TALK BACK. GO DO YOUR HOMEWORK. I'M ORDERING A PIZZA.

by Dave T. Phipps



Be a lost pet ally

DEAR PAW'S CORNER: My brother and I saw a dog that matched the photo of a lost dog on flyers around the neighborhood. We tried calling him, but he ran off. So we told our mom what happened, and she called the number on the flyer. I don't know if the owners found the dog. We're wondering if we did the right thing. Why did the dog run away? — **Brian and Sarah in Cincinnati**

DEAR BRIAN AND SARAH: You did the right thing by telling your mom so that she could call the owners and tell them where you spotted the lost dog. Don't feel bad about the dog running away: Lost dogs are often shy of strangers. Some will not even come when their owners call. But, by telling them the location, the

owners have a much better chance of recovering their dog.

Here's how you can support owners who are searching for a lost pet:

- Take a photo of a lost pet flyer with your smartphone. You can instantly refer back to it if you see a pet matching the description.
- Don't call or chase a dog or cat if you spot it. Contact the owner as soon as possible and give them the location where you spotted the pet.
- If the pet approaches you calmly, try to keep them in place by petting or giving them treats, until you can put a leash on them and bring them to a safe containment area. Contact the owner or local shelter.
- If the pet appears to be ill or injured, carefully approach and wrap them in an old blanket before attempting to pick them up.
- If the pet is being aggressive, contact animal control.

Send your tips, comments or questions to ask@pawscorner.com.

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Out on a Limb

STRETCH AND...

HOLD 1-2.

OK, THAT'S ENOUGH.

ELECTRIC CHAIR YOGA

by Gary Kopervas

Americanisms

"They say marriages are made in Heaven. But so is thunder and lightning."

— Clint Eastwood

Just Like Cats & Dogs

by Dave T. Phipps

I DECIDED TO REARRANGE THE FURNITURE AGAIN TO GIVE THE ROOM A MORE CALMING ATMOSPHERE. WHAT DO YOU THINK?

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Err

BELGUN

Stature

THIGHE

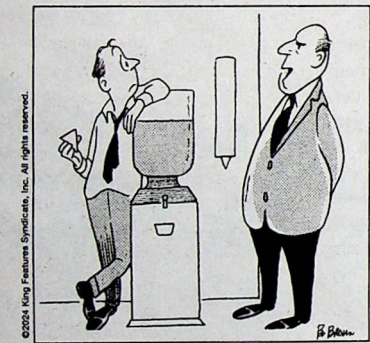
Upset

NAYON

Attire

SLOTECH

TODAY'S WORD



"I forget, Johnson, are we paying you by the hour or by the _____!"

Micro Crossword

By Elizabeth C. Gorski

- Across**
- 1 Indications of hunger
 - 6 Upside-down frown
 - 7 Accept, as coupons
 - 8 ___ Base ("All That She Wants" pop group)
 - 9 Composting critters
- Down**
- 1 "Baloney!"
 - 2 BP gas brand

1	2	3	4	5
6				
7				
8				
9				

- © 2024 King Features Syndicate, Inc.
- 3 Bay Area griddler
 - 4 Pessimist's outlook
 - 5 Feudal laborers

STREAMING SOURCE

Here's what to watch and where to watch it for the week of August 26, 2024

- ON NOW:** "Furiosa: A Mad Max Saga" (R) — *Max*

ON NOW: "RuPaul's Drag Race Global All-Stars" (Season 1) — *Paramount+*

27-Aug: "Only Murders in the Building" (Season 4) — *Hulu*

27-Aug: "Breathe" (PG-13) — *Paramount+*

29-Aug: "Kaos" (Season 1) — *Netflix*

29-Aug: "The Lord of the
- Rings: The Rings of Power" (Season 2) — *Prime Video*

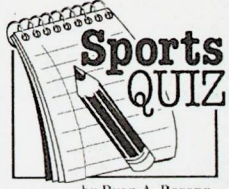
29-Aug: "Terminator Zero" (Season 1) — *Netflix*

30-Aug: "The Deliverance" (R) — *Netflix*

30-Aug: "The Fall Guy" (PG-13) — *Peacock*

30-Aug: "Book Club: Next Chapter" (PG-13) — *Peacock*

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by Ryan A. Berenz

- 1. Six-time MLB All-Star Ken-ny Lofton was a point guard on what college basketball team that reached the 1988 Final Four?
- 2. Name the NBA player from Turkey who played for eight different teams — and four separate stints with the Milwaukee Bucks — during his 13 seasons in the league from 2005-21.
- 3. Distance runner Miruts Yifter won two gold medals at the 1980 Moscow Summer Olympics competing for which country?
- 4. How old was Michael Chang when he became the youngest male tennis player ever to win a

- Grand Slam singles title when he won the French Open in 1989?
- 5. Who was the first player in WNBA history to win a league MVP (2021), a Most Improved Player Award (2017) and a Sixth Woman of the Year Award (2018)?
 - 6. Turk Broda, the first NHL goaltender to reach 300 wins, won five Stanley Cups from 1942-51 with what team?
 - 7. Twin brothers Frank and Ronald de Boer scored the same number of career goals for the Netherlands national soccer team with how many?
- Answers**
- 1. The University of Arizona Wildcats.
 - 2. Ersan Ilyasova.
 - 3. Ethiopia.
 - 4. 17 years and 110 days.
 - 5. Jonquel Jones.
 - 6. The Toronto Maple Leafs.
 - 7. 13.
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Micro Crossword Answer

W	O	R	M	S
A	C	E	O	F
H	O	N	O	R
S	M	I	L	E
P	A	N	G	S

WORD LADDER

Answer

MOWER, POWER, POKER, COVER, COVER, MOVER, COVER

SCRAMBLERS

solution

GALLON

Today's Word

3. Amoy; 4. Clothes

1. Bungle; 2. Height

MORE SUN FUN

COUCH THEATER

BY
DEMI
TAVERAS

"Bad Boys: Ride or Die" (R) — The fourth installment of the "Bad Boys" franchise is out now to rent on streaming, following its \$398 million gross at the box office, and it seems that Will Smith gets to put an ugly chapter of his career behind him, thanks to the success of the film! Of course, Smith couldn't stage his comeback as Detective Mike Lowrey without Martin Lawrence, who reprises his role as his partner Detective Marcus Burnett. Alexander Ludwig ("The Hunger Games"), Paola Nunez ("Resident Evil"), and Vanessa Hudgens ("Downtown Owl") round out the rest of the cast, whose characters' quips are the strongest elements in a film severely lacking in story and sense. Don't think too hard with this one; just enjoy the ride. (Amazon Prime Video)

"Abigail" (R) — Mexican actress Melissa Barrera ("Scream VI") is an established "scream queen," even with her being fired from the "Scream" franchise due to her pro-Palestinian views on the Israel-Hamas war. So, Barrera clearly was the perfect candidate to lead this horror comedy, which also co-stars Dan Stevens ("Beauty and the Beast"), Kathryn Newton ("Lisa Frankenstein"), and the late Angus Cloud ("Euphoria"). In the film, six criminals are tasked with kidnapping a 12-year-old girl named Abigail in exchange for a \$50 million ransom from her father. To a bunch of seasoned criminals, their mission seems easy enough, but when they suddenly start dropping like flies in the most brutal ways, they're forced to ask the question: "Who did we really kidnap?" The film received mostly positive reviews from critics, who deemed it one of the best horror movies of the year. Out now. (Peacock)

Contract Bridge

LOOK BEFORE YOU LEAP

South dealer.
North-South vulnerable.

NORTH
♠ K J 4
♥ A K Q 5
♦ J 9 6
♣ 10 8 3

EAST
♠ Q 10 9 7 3
♥ J 10 8 2
♦ 7
♣ 7 5 4

WEST
♠ 6 5 2
♥ 6 4 3
♦ K Q 8 4 2
♣ A Q

SOUTH
♠ A 8
♥ 9 7
♦ A 10 5 3
♣ K J 9 6 2

The bidding:
South West North East
1 ♣ 1 ♦ 1 ♥ Pass
1 NT Pass 3 NT
Opening lead — four of diamonds.

Certain card combinations require close inspection before declarer decides precisely how to tackle the suit. South failed to make the necessary effort in today's deal and lost his contract as a result.

West led the four of diamonds, which was covered by the six, seven and ten. Declarer crossed to dummy with a heart, led the eight of clubs and finessed, losing to West's queen.

West returned the king of diamonds, ducked by South, and followed with the queen, taken by the ace. Declar-

"Bad Monkey" (TV-MA) — Based on the novel of the same name by Carl Hiaasen, this drama series stars the smart-mouthed Vince Vaughn ("Curb Your Enthusiasm") as former police detective Andrew Yancy. Due to his "reckless, inappropriate and glib" nature, Andrew was moved from detective work to restaurant inspections, but he still desires more out of his work life. So, when his police detective buddy, Rogelio, offers him a chance to drive a deceased man's arm to Miami, Andrew gladly obliges. But upon delivering the arm to the deceased man's widow, Andrew has a hunch that the widow isn't exactly grieving as much as she portrays. As every good detective knows, you have to follow the trail while it's hot. The first two episodes are out now, with subsequent episodes releasing every Wednesday. (Apple TV+)



Courtesy of MovieStillsDB

Martin Lawrence, left, and Will Smith star in "Bad Boys: Ride or Die."

"Immaculate" (R) — Sydney Sweeney ("Anyone but You") leads this terrifying horror film available now on streaming. Sweeney plays Sister Cecilia, a young novice who survived a drowning after being pronounced dead. Believing that God saved her to serve a future purpose, she decides to take up an invitation to join a convent in Italy that tends to dying nuns. While she's there, Cecilia takes her final vows to become a nun but is shocked to find out shortly afterward that she is pregnant as a result of an immaculate conception. As those in the convent start treating her like the new Virgin Mary, abnormal occurrences begin to take place. Could this blessing really be a curse in disguise? (Hulu)

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er could then do no better than lead a second club. West won with the ace and cashed the 8-2 of diamonds to set the contract, scoring three diamonds and two club tricks in all.

Had declarer paid more attention to his diamond holding at the outset, he would have made the contract with an overtrick. Assuming West was leading his fourth-best diamond, the Rule of Eleven would have indicated the winning play.

South should simply subtract four — the spot-card led — from eleven, which reveals that there are seven cards higher than the four in the North, East and South hands. Since declarer can see six of these cards in his own hand and dummy, East can have only one card higher than the four.

South should therefore play the nine of diamonds from dummy at trick one. If East's diamond is the seven or eight, the nine will hold the trick, and declarer will still have the suit doubly stopped. If East produces the king or queen of diamonds, South takes the ace and again has diamonds doubly stopped.

Declarer's aim from the start is to establish his clubs before West can establish his diamonds. By playing a higher diamond from dummy initially, South assures himself of winning the race.

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by Steve Becker

Puzzles4Kids by Helene Hovanec

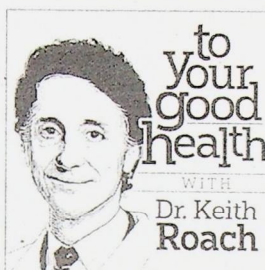
RIDDLE SEARCH — BRRR!

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What do pandas use to stay cool in August?

ARCTIC
BRACING
CHILLY
COOL
CRISP
FREEZING
FROZEN
GLACIAL
ICE COLD
NIPPY
POLAR
SHARP
SHIVERING
SUBZERO
UNHEATED
WINTRY

U	F	R	E	E	Z	I	N	G	P
S	N	S	U	B	Z	E	R	O	S
H	H	H	B	E	Z	A	L	R	I
I	Y	A	E	O	C	A	O	N	R
V	R	D	R	A	R	C	T	I	C
E	T	F	I	P	T	T	I	O	H
R	N	I	P	P	Y	E	O	O	I
I	I	C	E	C	O	L	D	N	L
N	W	I	G	L	A	C	I	A	L
G	N	I	C	A	R	B	N	G	Y

Riddle answer: _ _ _ _ _



Accutane Isn't To Blame for Affecting Woman's Fertility

DEAR DR. ROACH: My daughter is in her 30s and has been experiencing infertility for several years. She and her husband have been tested, and the issue is her egg quality. She's had several rounds of in vitro fertilization (IVF) with no success.

At age 19, she was prescribed Accutane for her acne. She had to take a monthly pregnancy test in order to take this medication. I researched this medication at the time and was aware of the depression side effects. I was also aware that if a pregnancy occurred while taking this drug, it would have to be terminated. The situation was not a concern at the time.

Now, years later, her fertility doctor says that she has eggs, but they are of poor quality. What is your opinion on this medication affecting fertility? I read that Accutane was banned in 2009. — C.M.

ANSWER: Isotretinoin (Accutane) is the most effective treatment for acne, but it has the potential for serious side effects and can only be given after a thorough review of its risks.

I have to correct two misapprehensions: Although brand-name Accutane was discontinued in 2009, generic isotretinoin was not banned and still remains an extremely beneficial treatment that is safe when used appropriately. Secondly, there is no obligation while on this medicine to commit to a pregnancy termination.

Great care needs to be taken to prevent pregnancy, with repeatedly negative pregnancy tests before starting therapy, as well as two forms of birth control in any person who could get pregnant (unless they are abstinent). There is a high likelihood that a baby who is exposed to isotretinoin will experience severe damage or be stillborn. If a pregnancy occurs while on isotretinoin, the drug must

immediately be stopped, and the person needs to be referred to an expert in reproductive toxicity. A pregnancy termination should be discussed, but the decision is always up to the patient (except where prohibited by law).

Although isotretinoin can cause severe damage to the developing fetus if taken during pregnancy, a study showed that any effect on fertility was gone 18 months after treatment. There are many reasons why a woman can have difficulty getting pregnant, due to eggs that are less likely to get fertilized. Age is a major factor, but many genetic conditions, chemotherapy, radiation, viruses (including COVID-19), and autoimmune diseases are known causes.

I wish your daughter the best of luck. I have had several patients give up after several rounds of IVF, only to conceive a healthy baby naturally.

DEAR DR. ROACH: In a recent column, a reader mentioned that they were having problems coming up with words and wondered if a supplement would help. They mentioned taking medication for neuropathy. Some of the medications for neuropathy have brain fog as a side effect. — P.A.

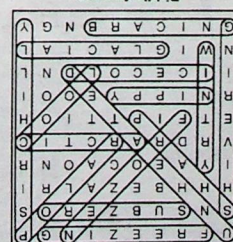
ANSWER: I appreciate your writing. Of all the causes for people to have memory and concentration problems, a side effect from medication is one of the most common and easily reversible. You are right that many medications used for neuropathy, especially gabapentin and pregabalin, can cause difficulty concentrating. Many people describe this as brain fog. It's worthwhile to discuss any medication, even over-the-counter ones and supplements, with your doctor to see if any of these might be causing this symptom.

Puzzles4Kids

Answer

Bear conditioning.

Riddle Answer:



SENIOR NEWS LINE

by Matilda Charles

Finding the information you need

We don't always need to have the answers to questions on the tip of our tongue. Whether it's things we knew long ago and have forgotten, or if it's information about our current world, sometimes it's enough to know where to find that information.

Check the Senior Blue Book (seniorsbluebook.com) for a whole library of information. Whether it's articles or video, use the dropdown menus to look for information on healthy aging, elder law and so much more.

When your grandchild wants to know the lyrics to the song you used to sing in high school and you only remember the first two lines, fear not. Do an internet search for the name of the song, or even type in the first lyrics that you do remember. It's sure to pop up.

All of us have words we've never been certain how to pronounce. Again, pull up a search engine and type in the word you want and "pronounce."

And if you need translations from a foreign language? Type into the search box "translate [name of foreign language] to English." Then copy and paste the foreign words into the box. English will appear in the box next to it.

Look at ThirdAge (thirdage.com) for a collection of information on fitness, family, food, health and more.

If you want to beef up your internet skills, start with Seniors Guide to Computers (seniorsguidetocomputers.com) for good information on the basics, doing email, online security and saving your data. The site includes links to 300 YouTube how-to videos and is run by a guy with 40 years of computer experience.

Bookmark several different search engines on your computer: Google, DuckDuckGo and Bing are well known ones that you can trust. Once you get used to looking up information, you'll be all set for any question that comes up.

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1. Which group released "Come a Little Bit Closer"?
2. Who released "Saturday Night"?
3. Which Dave Clark Five song pushed the Beatles off the top of the U.K. charts when it came out?
4. Name the group that released "Forever by Your Side."
5. Name the song that contains this lyric: "Hello, I don't even know your name, but I'm hoping all the same. This is more than just a simple hello."

Answers

1. Jay and the Americans, in 1964. The "Jay" in this case was the second one, formerly known as David Blatt until he changed his name to Jay Black. He joined the group when the original "Jay" left the group.
2. The Scottish group Bay City Rollers in 1975. It was their first U.S. chart topper. The song debuted via satellite link on "Saturday Night Live."
3. "Glad All Over," in 1964. Except for the Beatles, the DC5, as they were called, was in the first wave in the British invasion, which included groups such as the Rolling Stones and the Bee Gees.
4. The Manhattans, in 1983.
5. "The Last Time I Felt Like This," 1978, from the film "Same Time, Next Year" starring Alan Alda and Ellen Burstyn. The theme song was performed by Johnny Mathis and Jane Oliver.

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Law Phases Out Toxic 'Forever' Chemicals In FFs' Protective Gear

Gov. Maura Healey has signed an Act relative to the reduction of certain toxic chemicals in firefighter personal protective equipment, which phases out the use of toxic "forever" chemicals in firefighters' protective gear.

Poly- and perfluoroalkyl (PFAS) chemicals have long been used in the personal protective equipment used by firefighters because of their ability to withstand high heat and repel penetration by water and oil. Today it is known that PFAS chemicals can be highly toxic at very low levels, even before the chemicals are exposed to fire. For years, firefighters and their loved ones have pointed to high rates of cancers known to be caused by PFAS amongst current and former firefighters, including breast, kidney and testicular cancer.

"Our firefighters are our heroes. They selflessly run

into harm's way to protect their neighbors. It is essential that they have comprehensive information about what's in their protective gear so that they can make informed choices that are best for them," said Gov. Healey. "This bill is an important part of our efforts to protect the health, safety and wellbeing of our firefighters in Massachusetts. I'm grateful to the firefighters, family members, labor leaders and legislators who worked so hard to pass this lifesaving bill."

"PFAS chemicals are a growing and persistent threat to our health, contaminating our water supplies and poisoning our environment. Eliminating these toxic substances from firefighter gear improves the health of firefighters and the health of all of our communities," said Public Health Commissioner Robbie Goldstein,

MD, PhD.

Under this legislation, effective Jan. 1, 2025, manufacturers and sellers of personal protective equipment for firefighters containing PFAS chemicals will be required to provide written notice to the purchaser, at the time of sale, stating that the equipment contains PFAS chemicals; the reason the equipment contains PFAS chemicals, and the specific PFAS chemicals in the product.

Effective Jan. 1, 2027, manufacturers and sellers of personal protective equipment for firefighters will be prohibited from knowingly selling gear containing "intentionally-added PFAS" chemicals, meaning PFAS chemicals or products that break down into PFAS chemicals that are intentionally added to the product during manufacturing.

As Attorney General, AG

Healey sued manufacturers of toxic PFAS chemicals for ignoring the serious risks they pose to public health, the environment, and drinking water. As Governor, she has supported the state's 'take-back' program, in which the state Departments of Environmental Protection and Fire Services partner to collect PFAS-containing foam and properly dispose of it, as well as provided funding for equipment and screening programs to protect firefighters from occupational cancer.

"Thanks to the advocacy of firefighters and their loved ones, the dangers of PFAS chemicals have been known to us for years," said Lt. Gov. Kim Driscoll. "Today, Massachusetts is taking a stand and putting the safety of our firefighters first by phasing out the use of these chemicals that have caused so much harm to our heroes

and our communities."

"Cancer is the leading cause of death in the fire service," said Public Safety and Security Secretary Terrence Reidy. "This legislation marks a vital first step in phasing out harmful PFAS

chemicals in firefighter gear that can contribute to that risk. Governor Healey's action today adds an important tool to our firefighter cancer awareness, detection, and early prevention toolbox."

Quincy Point Congregational Church

On Sunday, Aug. 25, the Epic Summer Meltdown Series continues at the 10 a.m. worship service at Quincy Point Congregational Church, 444 Washington St., Quincy.

This week Rev. Kim talks about Jesus and Peter's meltdown, Paul and Barnabas's meltdown and when relationships end and begin.

Worship takes place in the air-conditioned sanctuary. Ron Kearns will serve as the lay reader, and Matt Coveney will be the soloist.

After worship all are invited to the downstairs Social Hall for fellowship and refreshments.

The church has an elevator on the Abbey Road side of the building and an "all access" restroom.

For those unable to attend, the weekly worship service is live-streamed every Sunday at 10 a.m. on the church YouTube, Vimeo, and Facebook pages, as well as on church website: www.quincypointcong.org.

Previous services are also available anytime on these platforms. Additionally, you can watch a re-broadcast of the weekly worship service on QATV channel 8, airing Sundays at 11:30 a.m. and Wednesdays at 6 p.m.

Learn To Ice Skate Classes At Shea Memorial Rink

New fall learn-to-skate classes for children, ages 4 to 18 are starting at the ice rinks in Weymouth and Quincy.

Classes at the Shea Memorial Rink, on Willard Street in Quincy, start Sunday, Sept. 15 at 11 a.m., and at the Connell Rink, 220-R Broad St. in Weymouth, classes start Sunday, Sept. 22nd at 2 p.m. Classes are also available at nine area rinks.

Use either figure, recreational or hockey skates. Beginner, intermediate and advanced classes taught by professional instructors.

For information and to register, call Bay State Skating School at 781-890-8480 or visit online at www.BayStateSkatingSchool.org.

Quincy Sun Publisher To Receive Ruth Gordon Award Friday

'The Spyglass Award' will be awarded to Robert Bosworth, publisher of the Quincy Sun, in a special ceremony on Friday, Aug. 23rd at 5:50 p.m. at the Ruth Gordon Amphitheater.

The 'Spyglass' figures in the history of Quincy and Ms. Gordon. The spyglass was given to Gordon by her father as a gift as she set out from her home in Quincy to her journey as a young actress to New York. The award is given in recognition to those in the community who, like Gordon,

have shown great vision, courage, and determination, and have promoted the Arts, Culture and History of the community.

Sara Trainor Callard, event coordinator, and daughter of Owen Trainor, architect of the Amphitheater, recognizes the importance of locally owned newspapers and invested publishers, as exemplified in The Quincy Sun.

According to Trainor Callard, "Bob Bosworth, continuing the work of his father, has created a forum

for the people of our community to share the trials and tribulations of life: births, deaths, wins and losses. His newspaper is a place where all can speak and be heard, where we can celebrate the daily lives of neighbors and friends, and listen to the pulse of our City as it changes. This wonderful place, of course, is The Quincy Sun."

Following the awards presentation at 5:50 p.m., Quincy native, and internationally recognized musician Jesse Ahern, will perform at 6 p.m.

All ages are welcome to this free concert.

For more information and a list of upcoming events at the RGA, visit <https://friendsofrga.org/>.

For more information about Jesse Ahern visit, www.jesseahern.com/.

Food and drink will be available for purchase by Black's Creek BBQ, Break Rock Brewery and other vendors.

The Ruth Gordon Amphitheater is located at Merymount Park, Quincy.

Jesse Ahern

Free Admission

Ruth Gordon Amphitheater
Quincy, MA
August 23rd 6PM

SPYGLASS
AWARD! 5:50PM

Robert Bosworth
& The Quincy Sun!

Jesse Ahern

BREAK ROCK
BREWING CO.

FRIENDS OF RGA & CITY OF QUINCY

STUDIO TWO BEATLES TRIBUTE

Sunday
9/1 6PM

RUTH GORDON
AMPHITHEATER
QUINCY, MA

WE CAN WORK
IT OUT...
LIFE IS VERY
SHORT!!

FRIENDSOFRGA.ORG

Five Town-House Units Proposed On Sumner Street

Cont'd From Page 17

She asked questions about the plan for snow storage, the responsibility for inspections after the construction is complete, and the type of fence that would be installed. Ranieri also questioned the property lines shown in the applicant's plans, saying she believed a portion of the project site was encroaching on her family's property.

In response, Shiner said the condo documents

would outline where the snow could be stored on site and would also require the snow to be professionally removed and hauled away if necessary. All the utilities on site will be new, she said, and the city would require the drainage system to be periodically inspected. Shiner also stated that while other abutters wanted a vinyl fence installed, the applicant would be willing to discuss other options with Ranieri. Shiner added that

the applicant's team would be willing to sit down with Ranieri to go over the survey they had done to determine the property line.

In other business on Aug. 7, the board approved plans to convert the office build-

ing at 20 Whitney Rd. in Quincy Center into seven residential apartments. The plan include a total of nine parking spaces. The developer reconfigured the parking area on site to allow easier ingress and egress based

on feedback at a prior public hearing.

In additional business, the board held a public hearing on the proposal of 50 Cushing LLC to add a pair of townhouse-style units to the property at 50 Cushing

St. in Wollaston; the single-family home on site would be maintained. A total of eight parking spaces would be located on site. That item was also continued to Oct. 16.

Edward Jones

There's no time like now to plan your future.



Marie O'Riordan Kelly, AAMS®
Financial Advisor
138 Franklin Street
Quincy, MA 02169
617-639-0327

edwardjones.com

MKT-5894M-A



Community Clothing & Book Swap!

Saturday, August 24 | 2-4 PM
Community Meeting Room

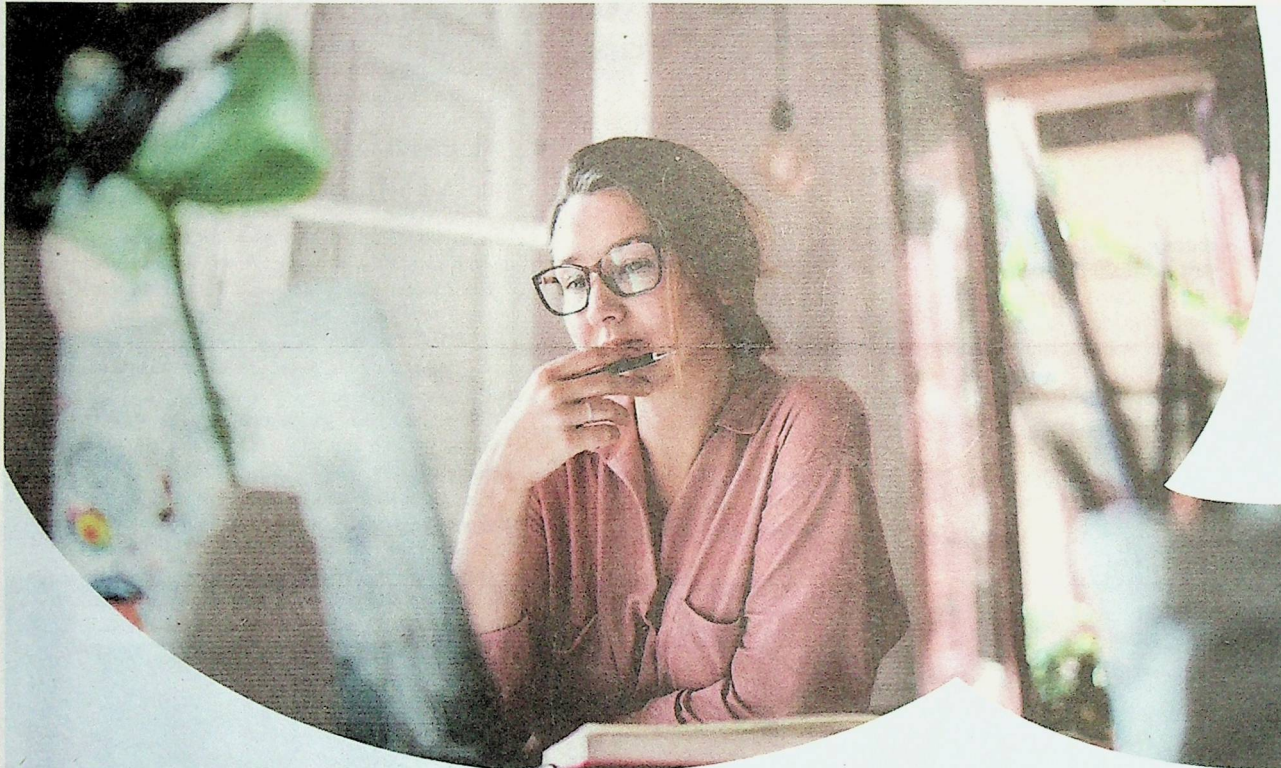
Join us for our first ever Community Clothing + Book Swap! To celebrate our Summer Reading theme of sustainability, we are hosting a community thrifting event on the Olmstead Lawn.

You can drop off your donations the week leading up to the event, or bring them the day of! Please remember to only bring items that are clean and in good condition.



shortn.in/ClothingSwap

You can swap as many items as you donate!
5 donations = 5 tickets for a new item



Free College

For eligible Massachusetts residents.

If you're age 25 or older and thinking about starting – or returning to – college, the new **Free College program makes it easy.** It funds your tuition and fees and also provides assistance for books and supplies. And Quincy College makes it convenient.

We offer dozens of Associate's degree and certificate programs... you can take classes online or in person... and our top-notch faculty will deliver the education and training necessary to prepare you for the job you want.

There's never been a better time to experience the value of a Quincy College education.

Let's get to work.

Do you qualify?

Admissions
admissions@quincycollege.edu
(617) 984-1710



QUINCY COLLEGE